National Diabetes Services Scheme
An Australian Government Initiative

Cunista cunto caafimaad leh: macluumaad kooban

Cuntooyinka caafimaadka leh waxay leeyihiin nafaqooyin waxayna ka caawinayaan in sonkorta dhiigaaga iyo enarjigaaga ay meeshii looga baahnaa noqdaan.

Doorashada cuntooyinka caafimaadka leh

- Cun khudaar iyo furuut badan maalin kasta.



- Cun wholegrain, rooti fiber badan leh, cereal iyo hadhuudh.



- Cun hilib aan baruur lahayn, digaag aan maqaar lahayn, kalluun ama digir.



- Isticmaal wax yar oo saliid caafimaad leh, sida saliid saytuun, iyo sidoo kale lows iyo avocado.



- Cun cuntooyin iyo cabitaanno sonkor yar leh. Biyaha cad ayaa ah cabitaanka ugu fiican.



- Yaree cusbada aad raashinka ku darsaneyso. Isticmaal dhir ama xawaashyo si aad raashinka dhadhan ugu yeesho.



- Cuntada maqaayadaha (fast foods) waxaad ku badalataa cunto caafimaad leh.



- Jooji khamriga aad cabeyso.

Khadka Caawinta NDSS 1800 637 700
ndss.com.au

Version 1.0.0, 1 May 2026. 002570-NDSS_SO
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diabetes australia
The NDSS is administered by Diabetes Australia

Sida aad u diyaarsaneyso cunto caafimaad leh

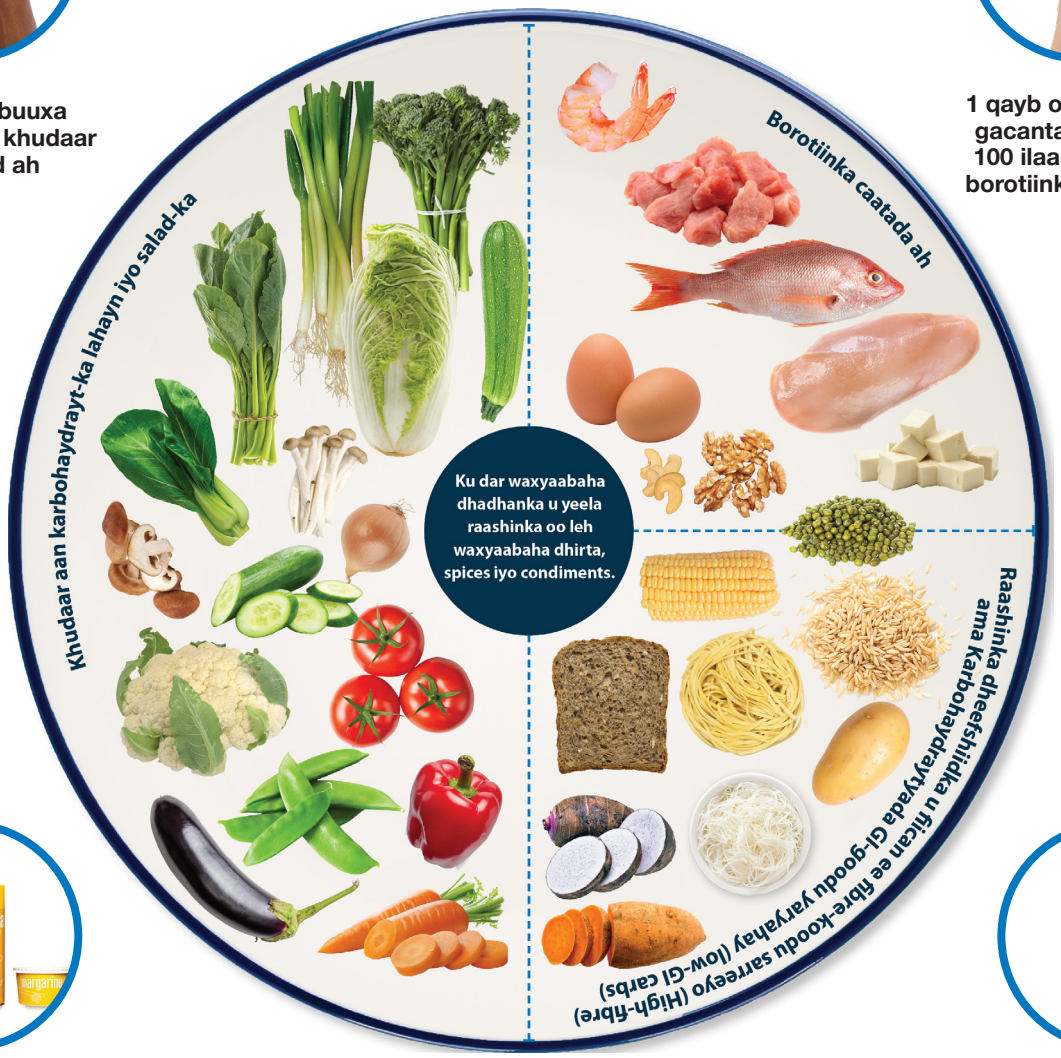
Isticmaal hagaha saxanka hoose si aad u diyaarsato cuntooyin caafimaad leh oo aad jeceshahay.



2 koob oo buuxa (~ 2 koob) oo khudaar iyo salad ah



1 qayb oo calaacasha gacantaada buuxisa 100 ilaa 150 g) oo ah borotiinka caatada ah





Fat/saliid/ caafimaad leh (1 ilaa 2 qaado maalintii)



1 qayb oo la'eg feer kuu duuban oo kale (~ 1 koob) oo karbohaydrayt ah

NDSS-ta iyo adiga

Si aad u hesho macluumaad dheeraad ah (oo ay ku jiraan mid ku qoran luuqadaada), iskaan garee QR koodhka, tag **ndss.com.au** ama kawac **Khadka Caawinta NDSS 1800 637 700**.

Fiiro gaar ah: Macluumaadkan waxaa loogu talagalay inuu noqdo hagitaan oo kaliya. Maaha in lagu baddesho talada caafimaadka ee uu qofku si khaas ah u heli lahaa. Haddii aad wax welwel ah ka qabto caafimaadkaaga, ama aad qabto su'aalo dheeraad ah, waa inaad la xiriirtaa dhakhtarkaaga.

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