

Steps to prevent diabetes in Kenya. Colour lithograph by Ministry of Health, ca. 2000.

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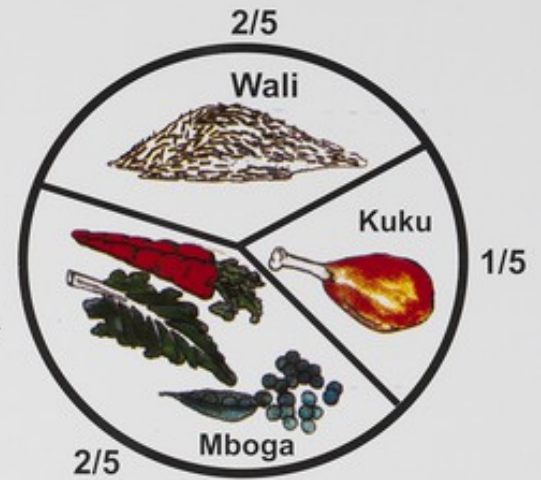


HATUA ZA KUZUIA UGONJWA WA KISUKARI

1. Kula chakula bora ambacho kina mafuta kidogo, kiasi kidogo cha sukari. Chakula kiwe na matunda na mboga nyingi.

2. Panga kiasi cha chakula unachokula Jambo hili ni muhimu katika kudhibiti kiasi cha sukari katika damu yako.

3. Fanya mazoezi kila mara. Kwa mfano; kutembea, kulima, kuendesha baiskeli, michezo na mazoezi mengine yoyote. Mazoezi husaidia kupunguza kiasi cha sukari katika damu yako.



4. Pima kiasi cha sukari katika damu yako angalau mara moja kwa miezi sita au mwaka.

5. Jiepushe na pombe.

6. Jiepushe na sigara au tumbaku.



Kituo cha udhabiti na habari za ugonjwa wa kisukari nchini Kenya

Kwa maelezo zaidi kuhusu ugonjwa wa Kisukari tembelea kituo cha afya kilichoko karibu nawe au kituo cha udhabiti na habari za ugonjwa wa kisukari nchini Kenya.

Nambari ya simu: 2718010/2733794



TAASISI YA UGONJWA WA KISUKARI DUNIANI