

**Goals of healthy eating to prevent diabetes in Kenya. Colour lithograph by Ministry of Health, ca. 2000.**

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# MALENGO YA CHAKULA BORA



**1** Kudhibiti kiwango cha sukari katika damu



**4** Matatizo machache ya kiafya



**2**  
Kujihisi  
vyema/vizuri



**3**  
Uzito  
Ufaao

## MASWALA MUHIMU KUHUSU UNGOJWA WA KISUKARI

- Kula mkate uliopikwa kwa unga usiokobolewa na nafaka kwa nadra/uangalifu
- Usile sukari au vyakula vilivyoongezwa sukari
- Kunywa maji kwa wingi



Usile mafuta  
mengi



Chungwa



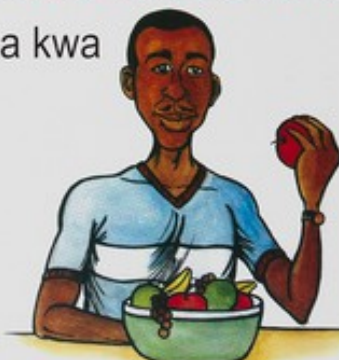
Mkate



Ndizi



Embe



Kula matunda  
na mboga



Papai



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 UGOJWA WA KISUKARI DUNIANI