

Food guide pyramid for diabetics in Kenya. Colour lithograph by Ministry of Health, ca. 2000.

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Piramidi hii inajumulisha makundi ya vyakula kulingana na mahitaji ya kikaroli ili kuwawezesha watu kufanya maamuzi bora kuhusu vyakula vyao

Sehemu tatu za chini zinajumuisha makundi makuu matano ya vyakula ili kuwa na afya bora kula vyakula vingi kutoka makundi yote matano



VYAKULA VINAVYO PATIA MWILI NGUVU



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.

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TAASISI YA UGONJWA WA KISUKARI DUNIANI