

A nutritionist displaying an image of fresh food to a group: importance of nutrition to combat diabetes in Kenya (Swahii version). Colour lithograph by Ministry of Health, ca. 2000.

Publication/Creation

Kenya : Ministry of Health, [2000?]

Persistent URL

<https://wellcomecollection.org/works/eu77sxkz>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).

NJIA ZA KUDHIBITI UGONJWA WA KISUKARI



Watu wote wenye kisukari wanahitaji kuelimishwa vyema kuhusu ugonjwa huu

Ugonjwa wa kisukari waweza kudhibitiwa kwa mojawapo wa njia hizi:

1. Chakula bora na mazoezi
2. Chakula bora, mazoezi ya viungo na dawa za kisukari za tembe
3. Chakula bora, mazoezi ya viungo sindano ya insulini bila ama pamoja na tembe za kisukari

