

# Ways to Manage Your Weight

Being overweight puts you at greater risk for health problems such as high blood pressure, diabetes and heart disease. Make healthy choices each day instead of going on and off of diets. A slow loss of ½-2 pounds per week is best. If you lose too much too fast, you often gain the weight back.

- **Do not skip meals.** Start the day with a healthy breakfast. Eating at least 3 meals each day helps your body have the energy it needs and prevents hunger.
- **Control your portion size.** Use a small plate and take small amounts of a variety of foods. Do not go back for seconds.
- **Eat when you are hungry.** Avoid eating to relax, or because you are bored or depressed. Take a walk or do something you enjoy instead.
- **Write down all of the food you eat.** Include the type of food, the amount and the time you ate. This helps you become more aware so that you can better manage your eating.
- **Exercise.** Check with your doctor before starting a new exercise routine. Be more active by taking the stairs or parking your car farther away. Aim to exercise 1 hour each day, at least 5 days a week by doing activities such as walking, bike riding, swimming, running and hiking. Exercise classes may be helpful.
- **Limit sugar and sweets.** Limit food that contains added sugars such as desserts, doughnuts, cookies and candies. These have many calories and few nutrients. Use an artificial sweetener in drinks instead of sugar or drink diet soda.

# Siyaabaha Miisaankaaga loo Maareeyo

In aad si xaaf dhaaf ah u cayisho waxay halis weyn kuu gelineysaa dhibaatooyin caafimaad sida dhiig kar sare, sonkorow iyo wadne xanuun. Kala doorashooyin caafimaad samee maalin walba halkii aad marna cunto cuni lahayd marna iska joojin lahayd. Si tartiib ah u luminta 227 garaam – 1 kiilo toddobaadkiiba ayaa ugu wanaagsan. Haddii aad miisaan badan si deg deg ah u lumiso, badanaa cayilku dib ayuu kuugu soo noqonayaa.

- **Cuntooyin ha ka boodin.** Maalinta ku billaabo quraac caafimaad leh. Cunidda ugu yaraan 3 cunto maalin kasta waxay jidhkaaga ka caawinaysaa inuu helo tamarta uu u baahan yahay waxayna kaa celinaysaa baahida.
- **Xakamee cabbirka qaybtaada.** Isticmaal saxan yar isla markaana qaado xaddiyo yar oo cuntooyin kala duwan ah. Ilbidhiqsiyo ka dib ha ku noqonin.
- **Cun markaad gaajooto.** Ka fogow in aad cunto u cunto in aad isku dejiso, ama in aad caajistay ama diiqootay awgeed. Soco ama wax aad ku raaxaysato samee.
- **Qor cuntada aad cunto oo dhan.** Ku soo dar nooca cuntada, xaddiga iyo waqtiga aad cuntay. Tani waxay kaa caawinaysaa in aad noqoto mid aad ula socda si markaas aad u awooddid in aad si fiican u maareeyso cunto cunkaaga.
- **Jir dhis samee.** Ka soo hubi takhtarkaaga ka hor inta aadan billaabin jir dhis joogto ah. Noqo mid aad u fir-fircoon adigoo jaranjarada qaadanaya ama baabuurkaaga meel fog soo dhiganaya. U qasad in aad jir dhis sameeyso 1 saac maalin walba, ugu yaraan 5 maalmood toddobaadkii adigoo sameynaya hawlaha sida socosho, bushkuleeti fuulid, dabbaalasho, orod iyo meel sare fuulid. Fasallada lagu barto jir dhisku way ku caawin karaan.
- **Iska xaddid sonkorta iyo mac-macaannada.** Iska xaddid cuntada ay ku jirto sonkorta lagu daray sida mac-macaanka, doonaatka, buskudyada iyo nac-naca. Kuwaani waxay leeyihiin kalooriyo fara badan iyo nafaqo yar. Cabitaannada u isticmaal macaaneeye macmal ah halkii sonkor aad ka isticmaali lahayd ama cab soodhada sonkorta aan lahayn.

- **Drink water.** People who drink plenty of water are more likely to lose weight. Drink 6-8 glasses of water each day.
- **Be careful when eating out.** When you eat out, choose soup and salad or smaller dishes that are low in fat. Ask for sauces and dressings on the side. If portions are large, share a plate or take half home. Ask for healthy menu choices.
- **Snack for better health.** Enjoy fresh fruit, vegetables, or fat free light yogurt instead of packaged snacks. Low fat crackers, whole grain cereals and oatmeal also make great snacks.
- **Use less fat when cooking.** Bake, broil, grill, roast or steam food instead of frying. Trim fat and skin from meat. Drain fat.
- **Be a smart shopper.** Plan ahead for meals. Use a list and avoid shopping when you are hungry. Buy fruit, whole grains, vegetables, seafood, chicken and lean cuts of meat. If you eat dairy products, buy fat free or low fat versions.

Small changes can lead to good results. Talk to your doctor, nurse or dietitian if you have any questions or concerns.

2/2006. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.com](http://www.healthinfotranslations.com).

- **Biyo cab.** Dadka cabba biyo fara badan waxay u badan yihiin in ay lumiyaan miisaan badan. Cab 6-8 koob oo biyo ah maalin kasta.
- **Ka taxaddar marka aad dibedda cunto ka soo cuneysid.** Marka aad dibedda cunto ka soo cuneyso, dooro maraq iyo khudrad ama cuntooyin yar-yar oo dufanku ku yar yahay. Weydiiso suugo iyo labeenta ansalaatada la marsado. Haddii qaybuhu ay ballaaran yihiin, wax ka wadaag saxan ama kala badh guriga u qaado. Weydiiso meenuu la kala doorto oo caafimaad leh.
- **Cunto fudud oo caafimaad fiican leh.** Ku raaxayso furuto aan la warshadayn, khudrad, ama garoodh fudud oo aan dufan lahayn halkii aad ka cuni lahayd cuntooyin fudud oo la soo baakadeeyey. Qarjawleyaasha dufanku ku yar yahay, siiriyaalka isu wada dhan iyo boorashku cuntooyin fudud oo fiican ayey noqdaan.
- **Isticmaal dufan yar marka aad cunto karineyso.** Dub, bir iyo dhuxul ku dub, sol, ama uumi ku kari cuntada halkii aad ka shiili lahayd. Baruurta iyo maqaarka ka jar hilibka. Dufanka ka miir.
- **Noqo dukaan wax ka soo iibsade caqli badan.** Cuntooyinka horey u sii qorsheyso. Isticmaal taxane kana fogow dukaan wax ka soo iibsashada markaad aad gaajaysan tahay. Soo iibso furuto, miro wadajira, khudrad, cuntada badda, digaag iyo hilib caato ah. Haddii aad cunto waxyaabaha caanaha laga sameeyo, soo iibso kuwa aan dufan lahayn ama uu ku yar yahay.

Isbeddello yar-yar waxay horseedi karaan natiijooyin wanaagsan. La hadal takhtarkaaga, kalkaalisada ama cunto qoraha haddii aad wax su'aalo ama walaac ah qabtid.

2/2006. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.com](http://www.healthinfotranslations.com).