ACARBOSE

ak-ar-bose

He aha te mahi?

Whakamahia ai te *acarbose* hei whakamaimoa matehuka. Ka whakaiti i te nui o te huka ka ngongo koe mai i ngā kai.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruraru kōpiro tōu.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.

Me pēhea te kai?

Me kai te *acarbose* i ia wā, e ai ki ngā tohutohu, i te tīmatanga o te kai. Ka taea te horomi ngā papa me tētahi karāhe wai, te ngāungau rānei.

Ka aha mēnā ka wareware i a koe tētahi horopeta te kai?

Me waiho te horopeta i tāhapatia ka haere tonu e ai ki ngā tohutohu. Kaua e kainga ngā horopeta e rua i te wā kotahi, ā, kaua e kainga ngā horopeta i waenga kai.

Ka taea anō e koe ētahi atu rongoā te kai?

Me kōrero atu ki tō kaitaka rongoā, rata rānei mō ngā rongoā katoa, whakamaimoatanga rānei e whiwhi ana koe, tae atu ki ngā huaora, ngā hua otaota, ngā whakapōauau rānei.

He aha ngā hua kino ka rongo pea koe?

Ngā Hua Kino	Tūtohutanga hei whai
Patero, mamae puku, pupuhi te puku, mate tikotiko	Me kōrero atu ki tō rata mēnā kei te mamae

Ki te pā mai ētahi atu hua kino, me kōrero atu ki tō rata, kaitaka rongoā rānei.

Ētahi atu mōhiohio:

- Me whai aromatawai toto auau (HbA1c) koe hei tirotiro he pēhea te pai o te whakahaere i to matehuka.
- Mēnā ka māuiui koe, me whai i tō mahere rā-māuiui matehuka, me kōrero rānei ki tō mātanga hauora.