ᓂᓇᑲᒃᐃ ᐸᐸᒥᔭᒃᐃ ᒪᓯᓇᐃᑲᓇ

ᓂᒃᐃᓱᒃᐃᓇ:

ᑭᑭᑐᒃᐃᓇ:

ᒪᒋᒃᐃᑐᓇ ᐅᐅᒃᐁ ᐸᐸᒥᔭᒃᐃ ᒪᓯᓇᐃᑲᓇ ᒧᓴᒃ ᒃᐊᐸᒥᑯᔭᓇ ᑭᔪ ᒋᐊᐸᒋᑐᔭᓇ ᒪᖅᑭᑭᒃᐃᓂᓂ ᒋᒃᐃᑐᑲᒃᐃᒃ ᑲᓇᑲᒃᐃᔭᓇ

Stand up to Diabetes

Ontario

ᑲᐅᑐᑲᐅᕝᐊᒡ ᑲᓇᑲᐅᔭᓐ

ᓂᒪᖅᑭᑭᐅᓂᓂᒻ:	ᒪᒋᑭᑐᐅᓐ:
ᒪᖅᑭᑭᐅᕝᕕᓐ ᑲᐅᓐᒋ ᐊᓂᕝᖅᑲᐅᕝᒡ ᒪᖅᑭᑭᐅᕝᓂᐅᕝᓐ:	ᒪᒋᑭᑐᐅᓐ:
ᑭᒋ ᒪᖅᑭᑭᐅᕝᓂᓂ:	ᒪᒋᑭᑐᐅᓐ:
ᑭᒋ ᒪᖅᑭᑭᐅᕝᓂᓂ:	ᒪᒋᑭᑐᐅᓐ:
ᓇᑲᐅᕝ ᑭᑭᓄᐊᒪᕝᕕᐅᓐ:	ᒪᒋᑭᑐᐅᓐ:
ᒪᖅᑭᑭᐅᕝᕕᓐ:	ᒪᒋᑭᑐᐅᓐ:
ᑲᐃᓇᓐᒋᑲᓂᐅᕝᑲ ᑲᑭᑭᓄᐊᒪᕝᕕᒡ:	ᒪᒋᑭᑐᐅᓐ:
ᐅᖅᑭᕝᑯᒪᖅᑭᑭᐅᕝᓂᓂ:	ᒪᒋᑭᑐᐅᓐ:
ᒪᒡᑭᑭᐅᕝᐃ ᐊᑕᐅᕝᑲᒥᑲ:	ᒪᒋᑭᑐᐅᓐ:
ᑯᑕᑲ ᕝᕕᓐ:	ᒪᒋᑭᑐᐅᓐ:
ᑯᑕᑲ ᕝᕕᓐ:	ᒪᒋᑭᑐᐅᓐ:

ᓂᓇᑲᑦᐃ ᑭᑭᓄᐊᒪᕋᑦᐃᓐ

ᓇᑲᑦᐃ ᑭᑭᓄᐊᒪᕋᑦᐃᓐ-ᑲᐸᑎᓄᓇᓂᑦᐊᒃ ᒪᑭᓴᑦᑭᔪ ᑲᐯᓱᑯᓇᓂᑦᐊᒃ	ᑲᐃᓱᑭᓱᑲᓇᒃ/ᑎᐸᐃᑲᓇ

ᓂᕆᒃᐃ ᓇᓇᒃᒋᐃᑯᐅᐃᓐ

ᐊᓗᒥᓂᒃ†	ᑕᓯ3-6ᐱᓯᒪ	ᐯᑦᒃ· ᐯᑦᑯᐊᑭ	ᑕᓴ·1-3ᐊᑭ	ᐯᑦᒃ· ᐯᑦᑯᐊᑭ	ᐯᑦᒃ· ᐯᑦᑯᐊᑭ	ᑕᓴ· ᕆᒃᐃ ᒪᖅᑭᑭᐃᓂ ᐊᐅᐸᒪᒃ	ᕿᓇᓇᑕᐅᑕᒃᒃ	ᑕᓴ· 1-2 ᐊᑭ	ᐯᑦᒃ· ᐯᑦᑯᐊᑭ
ᒃᐃᑦᑭᑦᒃᓇᒃ	A1C (ᕆᒃᐃᓇᓇᒃᒋᒋᕿᐃᓐ)	LDL-C (ᑕᒪᓂᓇᑯᓯᒡ ᐱᒥᐅᐅᐊᐳ ᒥᐅᑯᒃᑲ)	TC/HDL-C ᒃᐃᓇᑭᓇᐅᒃ (ᒥᐅ ᒃᑭᓇᒋ ᓇᓇᒃᒋᒋᒃᐅᒃ)	ᐅᑎᑎᒃᓂᐊᒃ ᒃᑭᓇᒋ ᓇᓇᒃᒋᐃᓇᒃ		ᑭᑭᓇᑕᑯᓂᕿᐱᓱᓇ	ᒃᐱᑕᓂᔭᓇ	ᑭᕿᑦᒃ ᒃᓇᓇᒃᒋᐃᑯᔭᓇ (ᒃᐱᓇᒋᒐᐸᐊᓂᓇᒃ)	ᒥᓱᑦ ᒃᓇᓇᒃᒋᒋᒃᐅᒃ
ᒃᐃᑦ ᓇᓇᑕᐅᑦᑕᒃᒃ ᒋᐃᑦᕿᒃᒪᒃᒃ‡	≤7.0%	≤2.0 mmol/L	<4.0	M: <2.0 mg/mmol F: <2.0 mg/mmol	>60 mL/min	<130/80 mmHg	–	–	–
ᒃᐃ ᐃᑦ ᒃᑫ· ᒃᕿᑕᔭᓇ									
ᒃᐃᑦᑭᑦᒃᓇᒃ									
ᒃᐃ ᐃᑦ ᒃᑫ· ᒃᕿᑕᔭᓇ									
ᒃᐃᑦᑭᑦᒃᓇᒃ									
ᒃᐃ ᐃᑦ ᒃᑫ· ᒃᕿᑕᔭᓇ									
ᒃᐃᑦᑭᑦᒃᓇᒃ									

† ᓴᑯᓇᒃ ᓇᐊᒃ ᑭᑦᓇ ᒪᖅᑭᑭᐃᓂ ᐃᑭᑕᒃ ≤:ᓄᑦᑕ ᒪᑭᓴᐊᑯ ᒪᔭᐱᑯ <:ᐯᐸᑦᑭ ᓇᐊᒃ >:ᐯᐸᑦᑭ ᓇᐊᒃ

‡ᑭᔭᐯ ᐊᑭᕿᓇᑕᒪᓇ ᕿᑯᓇ, ᑕᒃ ᐃᒪ ᐃᓇᐱᓇ ᒃᓇᑕ ᕆᒃᐊᐱᐅᐊᓂᒃᑕᒧᐊᒃ 2013 ᒪᖅᑭᑭᐃᓂᒃᒥᑯᐊᐃ ᐊᓄᑭᓇᒃᓇᒃ ᒃᐊᓂᒃᑕᒧᐊᒃ.

ᑲᐸᑭᑎᓂᑲᒐᑭᓐ ᒪᖅᑭᑭᓐ (ᒋᑲᑕᐃᑲᓇᐳ ᑭᔪ)

ᒪᖅᑭᑭᓐ	ᐊᑐᒥᓂᒃ/ ᐊᓂᓐ ᑕᓯᓇ·	·ᐁᑯᑐᓐ ·ᐁᓐᒍᑕᐱᓇᒪᓐ	ᐊᓇᐱ ᕿᐃᓐᑕᐱᓇᒪᓐ

ᑲᐊᑕᐧᐊᑌᑭᓇ ᒪᖅᑭᑭᓇ

ᒪᖅᑭᑭᓇ	ᐧᐁᑯᑐᓇ ᐧᐁᓇᒍᑕᐱᓇᒪᓇ	ᐊᓂᓇ/ᐊᓂᓇ ᑕᓯᓇᐧ

ᓂᒪᖅᑭᑭᒪᓇ ᑲᒪᕐᖅᑲᑯᔭᓇᓇ

ᑭᔭᐸ ᐧᐃᓇᑕᒪᑫᐧᐃᓇᓇ

ᐯᐃᓇᐱᓇ ᐊᐃ ᓂᐸᐧᐃᑕᓇ ᑭᖤᑲᐧᐊᐱᑐᐧᐃᓇ ᐃᐃᒪ ᒪᒪᑲᑕᐱᑯᑲ **ontario.ca/diabetes** ᐧᐃᐅᑕᐱᓂᑫᔭᓇ **'My Diabetes Passport'** ᐯᐸᑲᓇ ᐃᓱᑭᓱᐧᐅᐧᐃᓇᓇ.

ᐅᒪᓇᑫᐃ ᒪᒪᑲᑕᐱᑯ, ᑲᒥᑲᓇᓇ ᐃᔪᓄᔭᓇ '**ᖤᑲᐧᐊᐱᑐᐧᐃᖅ ᒥᓇ ᑫᑭᓇ**' ᐊᐸᒋᑕᑲᓇᓇ, ᐃᐃᒪ ᑲᐱᓇᐅᑭᓇ ᑫᑯᓇᓇ, ᑲᐯᑕᑲᐧᑭᑐ ᐧᐃᓇᑕᒪᑫᐧᐃᓇᓇ ᒋᐅᐳᒋ ᑫᓇᑕᒪᓇ ᑫᐃᓱ ᐧᐃᒋᐃᑎᓯᔭᓇ ᐃᔪ ᑲᖤᑲᐧᐊᐱᑐᔭᓇ.

ᐃᔪᓄᐧᐃᐧᐊᓇ ᐧᐃᒋᐃᐧᐧᐃᓇᓇ ᑲᐅᓱᐱᐃᑲᐅᑭᓇ ᑲᐧᐃᒋᐃᑯᓇᓇ ᒋᐅᓂᓱᓱᓇᑲ ᒋᐱᒪᑎᓯᐧᐃᓇ ᒥᓇ ᐧᐧᐧᐧᐧᓂ ᒋᑲᓇᐧᐧᑕᒪᓇ ᑭᖤᑲᐧᐊᐱᑐᐧᐃᓇ:

ᓂᐸᐧᐃᑕᓇ ᖤᑲᐧᐊᐱᑐᐧᐃᓇ
ontario.ca/diabetes

ᐧᐧᐧᐧᐧᓂ ᐃᓇᐳᒋᑫᓇ ᐅᓇᑌᓈᔪ
eatrightontario.ca
1-877-510-510-2

ᒪᒪᑲᑕᐱᑯᑲ ᒪᖅᑭᑭᐧᐃ ᐧᐃᒋᐃᐧᐧᐃᓇ ᐅᓇᑌᓈᔪ
1-866-797-0000

ᑲᓇᑕ ᖤᑲᐧᐊᐱᑐᐧᐃᓇ ᑲᐊᓂᑲᑕᒧᐧᐊᒡ
diabetes.ca

ᑲᓇᑕ ᑲᓇᐃᓇᓇᒋᑲᓂᐧᐊᓇᑲ ᑲᐊᓂᑲᑕᒧᐧᐊᒡ
hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

ᐧᐃᓇᑕᒪᑫᐧᐃᓇ ᑲᐅᓱᐱᐃᑲᑭᓇ ᐧᐧᑯᑐᓂᐧᐊᓇ ᐃᐃᒪ ᒥᒋᒥᑲᓇᑲ
healthyeatingisinstore.ca

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ᑲᐧᐃ ᐃᑦᒋᕐᓇᔭᓇ

ᑲᐧᐃ ᐃᑦᒋᕐᓇᔭᓇ:

ᐊᓇᐱ ᑲᐧᐃ ᐃᑦᑭᑦᑐᔭᓇ:

ᑲᐊᓂᒥᐧᐃᑐᔭᓇ ᐅᐅᐧᐁ ᒋᑐᑕᒪᓇ:

ᕿᐃᑦᒋᕐᓇᔭᓇ ᒋᐸᑭᓇᑕᒪᓇ ᑲᐊᓂᒥᐧᐃᑐᔭᓇ (ᕿᐧᐃᒋᐃᑯᔭᓇᓇ/ᐊᓂᑦᓇᐯᒃ ᕿᐧᐃᑐᑲᐧᐃᑦᐊᒡ):

ᓂᕿᒋᓇᐅᓇ ᐅᐅᐧᐁ ᒋᑐᑕᒪᓇ:

ᑲᐧᐃᓇ
ᓇᑲᖅᑭᑐᓯᓇ

1 2 3 4 5 6 7 8 9 10

ᐧᐁᐧᐁᓂ
ᓇᑲᖅᑭᑐᓇ

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Ontario

ᑲᐧᐃ ᐃᑦᒋᕐᖃᓐ

ᑲᐧᐃ ᐃᑦᒋᕐᖃᓐ:

ᐊᓇᐱ ᑲᐧᐃ ᐃᑦᑭᑦᑐᓐ:

ᑲᐊᓂᒥᐧᐃᑐᓐ ᐅᐅᐧᐁ ᒋᑐᑕᒪᓐ:

ᕿᐃᑦᒋᕐᖃᓐ ᒋᐸᑭᓇᑕᒪᓐ ᑲᐊᓂᒥᐧᐃᑐᓐ (ᕿᐧᐃᒋᐃᑯᓐᓇᓐ/ᐊᓂᑦᓇᐯᒃ ᕿᐧᐃᑐᑲᐧᐃᑦᐊᒡ):

ᓂᕿᒋᓇᐅᓐ ᐅᐅᐧᐁ ᒋᑐᑕᒪᓐ:

ᑲᐧᐃᓐ
ᓇᑲᖅᑭᑐᓯᓐ

1 2 3 4 5 6 7 8 9 10

ᐧᐁᐧᐁᓂ
ᓇᑲᖅᑭᑐᓐ

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