

Nri di Mma

“! bụ ihe i na-eri”



- ❖ Rie nri ndi akwadoro n'ulo na nri di n'ime obodo na ogbe gi
- ❖ Okara efere gi (1/2) = nri starchy + nri nwere protein
- ❖ Okara nke ozọ na efere gi (1/2) = akwukwo nri + Mkpuru osisi (oke nke akwukwo nri karja mkpuru osisi)
- ❖ Rie mkpuru osisi na akwukwo nri ohuru, na akwukwo nri na mkpuru osisi di iche iche
- ❖ Rie akwukwo ndu di n'ime obodo na ogbe gi
- ❖ Belata abuba na mmanu mgbe i na-esi nri
- ❖ Belata nri nwere abuba na nri ngwa ngwa
- ❖ Belata nnu na shuga na nri gi
- ❖ Na-anu otutu mmiri di ocha



Naanị inye ara (na-enweghị nri ma o bụ ihe oñụñụ ozọ)

Uru ndi a: Site na omumu ruo onwa isii, mmiri ara na-enye nri na mmiri niile nke nwa ohuru choro; Site na onwa isii, malite inye nri na-edozi ahụ ma ngide na-enye nwa ara ruo afọ abuo ma o bụ karja; Umụ ohuru a na-enye ara na-enwe ahụ ike ka mma, na ha agaghị arja oria shuga, oria obi, oke ibu n'oge ndu ha.



Ọrịa shuga (Type 2 Diabetes)

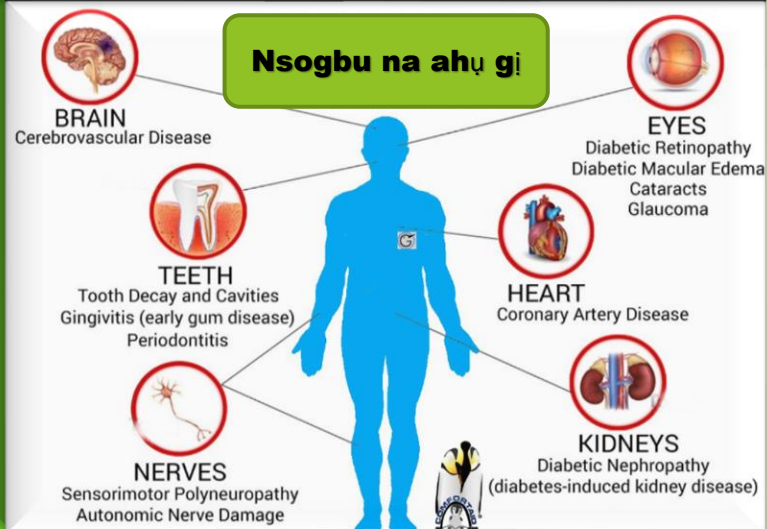
Eziokwu banyere Ọrịa shuga

- ❑ Ọnọdụ ahụike mgbe glucose ma ọ bụ shuga gị dị elu
- ❑ Ọbara glucose bụ isi ihe na-enye ike anụ ahụ, ọ na-esitekwa na nri gị
- ❑ Dị ka ọ na-adịkarị, insulin na-enyere glucose aka ịbanye n'ime ahụ maka ike
- ❑ N'oge ọrịa shuga mellitus, insulin anaghị arụ ọrụ nke ọma yana enweghị insulin zuru ezu

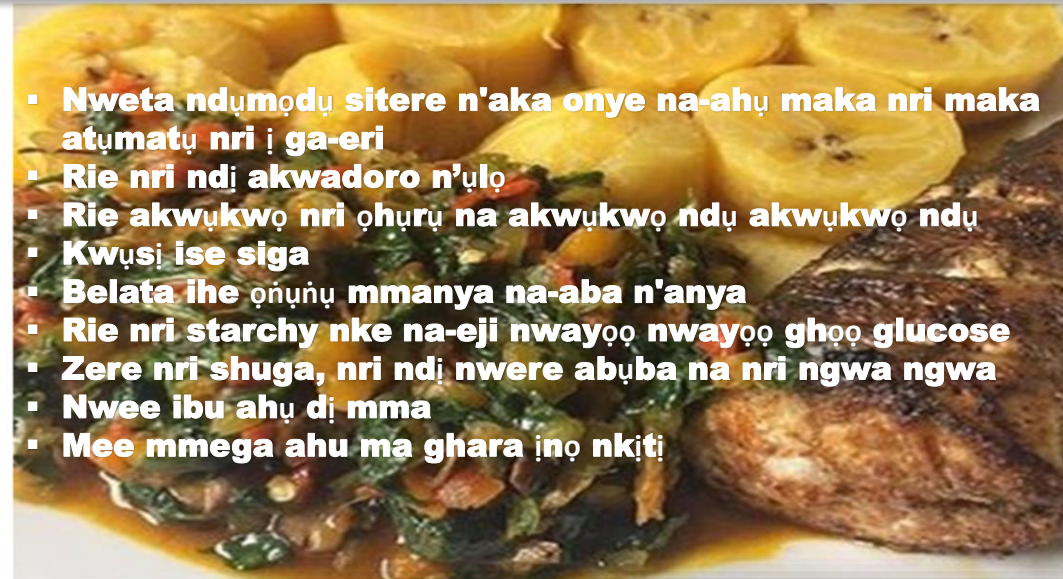
Ihe ndị na-akpata Ọrịa shuga

- Ọrịa obara mgbali elu
- Cholesterol di elu
- Ibu oke ibu
- Ndu ịnọ nkịtị
- Utaba ma ọ bụ ise siga
- Iri nnu nke ukwuu
- Ịnụbiga mmanya ókè
- Nchegbu
- Ọrịa shuga n'ime ezinụlọ

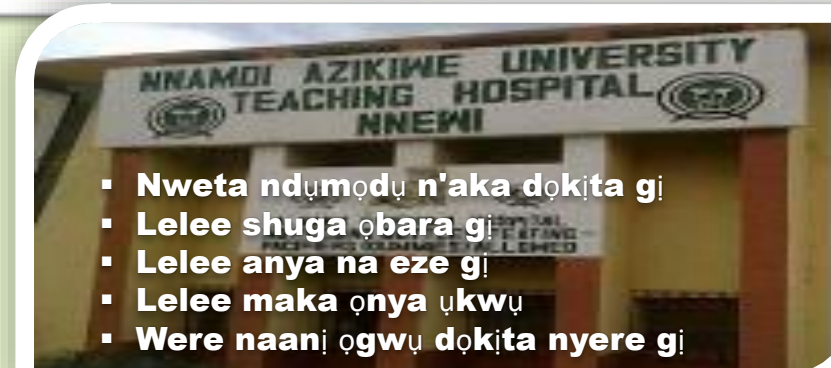
Nsogbu mgbe nlekota Ọrịa shuga gị adighi mma



Otu esi eme ka ahụike di mma



- **Nweta ndumodu sitere n'aka onye na-ahụ maka nri maka atumatu nri i ga-eri**
- **Rie nri ndi akwadoro n'ulo**
- **Rie akwukwo nri oheru na akwukwo ndu akwukwo ndu**
- **Kwusi ise siga**
- **Belata ihe oñunụ mmanya na-aba n'anya**
- **Rie nri starchy nke na-eji nwayo nwayo gho glucose**
- **Zere nri shuga, nri ndi nwere abuba na nri ngwa ngwa**
- **Nwee ibu ahụ di mma**
- **Mee mmege ahu ma ghara ino nkiti**



- **Nweta ndumodu n'aka dokita gi**
- **Lelee shuga obara gi**
- **Lelee anya na eze gi**
- **Lelee maka onya ukwu**
- **Were naani ogwu dokita nyere gi**

Ọbara mgbali elu (Hypertension)

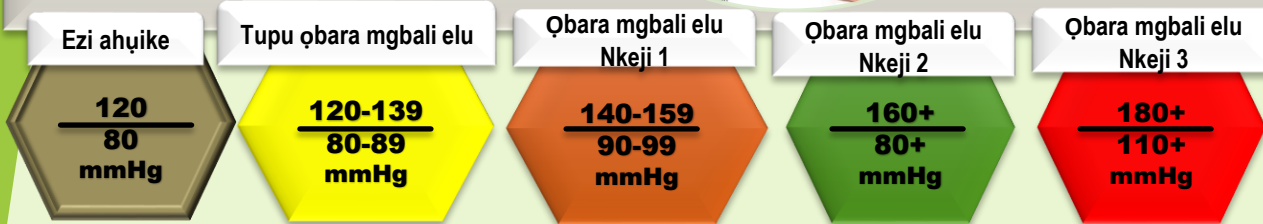
Eziokwu banyere Ọrịa Ọbara mgbali elu

- ❑ Ọnọdụ ahụike mgbe ọbara mgbali elu na-arị elu mgbe niile
- ❑ Mgbe ọnọdụ systolic na diastolic dị elu



Systolic:
ọbara mgbali elu mgbe obi gi na-akụ

Diastolic:
ọbara mgbali elu mgbe obi gi na-ezu ike



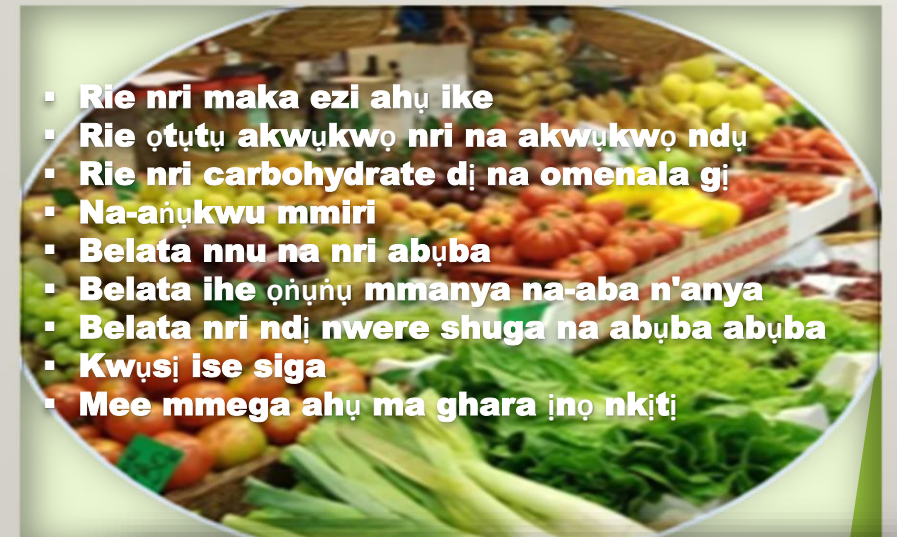
Ihe ndị na-akpata Ọrịa Ọbara mgbali elu

- **Ibu oke ibu**
- **Ndụ inọ nkịtị**
- **Utaba ma ọ bụ ise siga**
- **Nnu nke ukwu**
- **Inụbiga mmanya ókè**
- **Nchegbu**
- **Ọrịa Ọbara mgbali elu n'ime ezinulo**

Nsogbu nke Ọrịa Ọbara mgbali elu na ahụ gi



Otu esi eme ka ahụike dị mma



- **Rie nri maka ezi ahụ ike**
- **Rie ọtụtụ akwụkwọ nri na akwụkwọ ndụ**
- **Rie nri carbohydrate dị na omenala gi**
- **Na-anụkwu mmiri**
- **Belata nnu na nri abụba**
- **Belata ihe ọhụhụ mmanya na-aba n'anya**
- **Belata nri ndị nwere shuga na abụba abụba**
- **Kwụsị ise siga**
- **Mee mmege ahụ ma ghara inọ nkịtị**



- **Nweta ndụmodụ n'aka dokita gi**
- **Lelee ọbara mgbali elu mgbe niile**
- **Were naanị ọgwụ dokita nyere gi ations**