1

ᒥᓂᑴᐎᐣ ᑲᔦ ᔓᑲᐗᐱᓀᐎᐣ

ᑲᓄᑫᐣ ᐊᐎᔭ ᐱᑯ, ᒥᓂᑴᐎᐣ ᐊᐸᑕᐠ:

• ᑲᐎᐣ ᑾᔭᐠ ᑲᑭ ᒪᒥᑎᓀᐣᑕᓯᐣ

• ᑲᑭ ᐅᒋ ᒪᑭᒋᐢᑲᑯᐣ ᒋᑭᐅᒋ ᐊᓂᒥᑐᔭᐣ ᒋᐊᒍᓇᒪᐣ ᓇᐣᑕ ᒋᐱᒧᑕᒪᓯᔭᐣ ᑭᑕᓯᑯᓯᑾᓀᓯᐎᐣ

• ᑕᐃᐡᐱᓭ ᑭᒥᐢᑶ ᑲᔦ ᐱᒥᑌ ᑲᐊᔭᐠ ᑭᒥᐢᑶᒥᐠ

• ᑕᐊᓂᒥᓭ ᐎᐯᒥᑐᐎᓂᓂᐠ ᑲᔦ ᒋᐊᑯᓯᔭᐣ ᑭᐅᒪᐎᐠ

• ᑕᔭᓂ ᐱᑯᓂᑫᒪᑲᐣ ᐃᐦᐃᒪ ᑭᐎᑎᐱᐠ, ᑲᐃᔑᒪᒥᑾᒪᒋᐦᐅᔭᐣ, ᑲᔦ ᑭᐅᑯᓂᐠ

• ᒋᐊᓂ ᐸᓯᔭᐣ ᑭᔭᐎᐠ, ᐅᐦᐅᐌ ᑭᒋ ᓂᑌᐣᑕᑾᐣ ᐊᐎᔭ ᑲᐃᐡᐱᔓᑲᐎᓭᐨ

• ᑕᔭᓂ ᓂᑌᐣᑕᑾᐣ ᒋᐊᔭᔭᐣ ᑲᒪᒪᔭᑭᓇᑾᑭᐣ ᑲᐊᒧᐌᒪᑲᑭᐣ ᐊᑯᓯᐎᓂᓇᐣ

• ᑕᔭᓂ ᓂᑌᐣᑕᑾᐣ ᒋᑲᐡᑫᓂᑕᒪᐣ ᓇᐣᑕ ᒋᐊᑴᓂᒧᔭᐣ᙮

• ᐊᐗᔑᒣ ᒋᐊᑯᓯᔭᐣ ᑭᑎᐡᑭᔑᑯᐠ

ᑭᐡᐱᐣ ᒥᓂᑫᐧᔭᐣ ᐊᐊᐧᔑᒣ ᓂᔓᒥᓂᑲᐧᑲᐣ ᐊᑯᓇᐠ ᓂᐦᓱᒥᑲᐧᑲᐣ ᐃᔥᑯᑌᐊᐧᐳ ᐯᔑᑯᑭᔑᑲ (ᐊᑯᓇᐠ ᒥᑕᓱᒥᓂᑲᐧᑲᐣ ᐃᑫᐧ ᒥᓇ ᓂᔭᓄᔕᐳᒥᓂᑲᐧᑲᐣ ᓇᐯ ᐯᔑᑯᐱᒥᑯᓇᑲ), ᑭᑲᓄᓂᑯ ᒋᑲᑫᓯᓇᒪᐣ ᒥᓂᑯᐠ ᑲᒥᓂᑫᐧᔭᐣ.
ᒥᐢᑕᐦᐃ ᑲᒥᑲᐧᑌᐠ ᐃᐡᑯᑌᐊᐧᐳ ᐊᓂᒪᒋᐱᒋᑫᒪᑲᐣ ᔓᑲᒥᐢᑭᐧᑲᐠ
ᑲᐧᔭᐠ ᒋᐊᓄᑭᒪᑲᐠ ᒥᓇ ᑯᑕᑭᔭᐣ ᐃᓇᐱᓀᐃᐧᓇᐣ ᑲᓂᐃᓇᐱᓀ,
ᑐᑲᐣ ᑲᔭᓂᒪᐠ ᐊᑯᓱᐃᐧᐣ.

ᑭᐡᐱᐣ ᐊᐎᔭ ᑲᔓᑲᐗᐱᓀᐨ ᑲᐎᐣ ᓇ ᑕᑭ

ᒥᓂᑴᓯᐣ?

ᑲᐎᐣ ᑕᑲᐨ

ᑲᐎᐣ ᑕᑲᐨ ᑲᑭ ᑭᐱᒋ ᒥᓂᑴᓯᐣ ᑭᐡᐱᐣ ᔓᑲᐗᐱᓀᔭᐣ᙮ ᒥᔑᐣ ᐊᐎᔭᐠ ᑲᔓᑲᐗᐱᓀᐗᐨ ᑾᔭᐠ ᑲᑲᓇᐌᓂᒥᑎᓯᐗᐨ ᐸᑭ ᐊᑯ ᒥᓂᑴᐗᐠ: ᓇᐯᐗᐠ ᑲᐎᐣ ᐊᐗᔑᒣ ᓂᔑᐣ ᒥᓂᑴᐎᓇᐣ ᑕᓱ ᑭᔑᑲ ᐊᑯᓇᐠ ᓂᐎᔕᑊ ᒥᓂᑴᐎᓇᐣ ᑕᑭᒥᓄᑴᓯᐗᐠ ᐃᐦᐃᒪ ᐯᔑᑯ ᐱᒥᑯᓇᑲᐠ ᐁᑾ ᐃᑴᐗᐠ ᐊᑯᓇᐠ ᓴᐣᑲᓱ᙮ ᔕᑯᐨ ᑕᐡ ᓂᑲᐣ ᑭᑕᑭ ᐊᔭᒥᐦᐊ ᐅᓇᒋᑫᐃᐧᐣ, ᑲᐃᐧᐣ ᐊᐊᐧᔑᒣ ᓂᔓᒥᓂᑲᐧᑲᐣ ᐊᑯᓇᐠ ᓂᐦᓱᒥᓂᑲᐧᑲᐣ ᐃᐡᑯᑌᐊᐧᐳ ᐯᔑᑯᑭᔑᑲ ᒋᒥᓂᑫᐧᐨ ᐊᑯᓇᐠ ᓂᔭᓄᔕᐳᒥᓂᑲᐧᑲᐣ ᐯᔑᑯᐱᒥᑯᓇᑲ ᓇᐯ, ᒥᓇ ᐊᑯᓇᐠ ᒥᑕᓱᒥᓂᑲᐧᑲᐣ ᐯᔑᑯᐱᒥᑯᓇᑲ ᐃᑫᐧ. ᔕᑯᐨ, ᒋᑭᐊᔭᒥᐦᐊᑎᐸᐣ
• ᐊᓂᒥᓭᔭᐣ ᑭᒥᓄᔭᐎᓂᓂᐠ ᔓᑲᐗᐱᓂᐎᓂᓂᐠ ᐅᒋ ᑐᑲᐣ ᐅᒪᐤ ᓇᐣᑕ ᒥᐡᑭᔑᑯᐠ ᐊᑯᓯᐎᐣ, ᐃᐡᐱᓭᐠ ᒥᐡᑶ ᓇᐣᑕ ᐱᒥᑌ ᒥᐡᑶᐠ, ᐅᑯᐣ ᐊᓂᒥᓭᐎᓂᓇᐣ, ᐱᑯᐡᑲᐠ ᑲᐃᔑ ᒪᒥᑾᒪᒋᐦᐅᔭᐣ ᓇᐣᑕ ᓂᐳᓭᐎᐣ᙮
• ᐁᐊᓂᒥᑐᔭᐣ ᒋᑭᐱᑎᓇᒪᐣ ᑲᓇᔑᓭᐠ ᑭᔓᑲᐎ ᒥᐢᑶᒼ᙮

ᑲᐎᐣ ᑭᑕᑭ ᒥᓂᑴᓯᐣ ᒥᓂᑴᐎᐣ ᑭᐡᐱᐣ:

• ᑭᑭᐡᑲᐗᐗᓯᔭᐣ ᓇᐣᑕ ᐎᑲᑴ ᑭᑭᐡᑲᐗᐗᓯᔭᐣ;
• ᓄᓂᐦᐊᐗᓯᔭᐣ;
• ᑭᐣ ᑎᐱᓇᐌ ᓇᐣᑕ ᐅᑕᓇᐠ ᑭᑎᐯᐣᒋᑫᐎᐣ ᑭᐱ ᒥᒋᒥᓂᑯᔦᐠ ᒥᓂᑴᐎᐣ;
• ᑭᐅᓇᒋᑫᔭᐣ ᒋᐱᒥᐱᓯᔭᐣ ᓇᐣᑕ ᒋᑐᑕᒪᐣ ᑯᑕᑭᔭᐣ ᑫᑯᓇᐣ ᑲᐃᔑ ᓇᑕᐌᐣᑕᑾᐠ ᒋᐸᑭᑫᐣᑕᒪᓂᐣ ᓇᐣᑕ ᒋᓇᑲᒋᑐᔭᐣ;
• ᐁᐅᑕᐱᓇᒪᐣ ᒪᐡᑭᑭᐣ᙮ ᑲᑴᑗᐣ ᑭᒪᐡᑭᑭᒪᐣ ᐅᒋ ᑲᔦ ᑫᐃᔑᐡᑲᑫᒪᑲᐠ ᐊᔑᒋ ᐅᑕᐱᓂᑲᑌᐠ ᒥᓂᑴᐎᐣ᙮

ᐊᐎᔭᐠ ᑲᔓᑲᐗᐱᓀᐎ ᒋᐡᑕᐦᐅᑎᓯᐗᐨ ᑲᔦ ᑲᐅᑕᐱᓇᒥᐗᐨ ᐊᑎᐟ ᒪᐡᑭᑭᐣ: ᐅᑲ ᐊᒍᓇᓇᐗ ᑲᓂᑌᐣᑕᑾᓂᓂᐠ ᒋᐅᓴᒥ ᓇᔑᓭᓂᐨ ᐅᔓᑲᒥᐗ ᒥᓂᑴᐎᓂᓂᐠ ᐅᒋ ᐁᑾ ᐅᑲ ᑐᑕᓇᐗ ᐅᑴᓂᐗᐣ ᑲᐊᓂ ᒪᓯᓇᐦᐃᑲᑌᓂᑭᐣ ᐅᐦᐅᒪ᙮

ᑲᔓᑲᐗᐱᓀᐗᐨ ᐊᐎᔭᐠ ᐅᑕᑭ
ᓂᓯᑕᐌᐣᑕᓇᐗ ᑲᓂᑌᐣᑕᑾᓂᑭᐣ

• ᐊᐎᔭᐠ ᑲᔓᑲᐗᐱᓀᐎ ᒋᐡᑕᐦᐅᑎᓯᐗᐨ: ᒥᑎᓂ ᑕᑭ ᓇᔑᓭᓂᐗᐣ ᐅᔓᑲᒥᐗᐣ (hypoglycemia) ᐊᑯᓇᐠ ᓂᔑᑕᓇᓂᐎᔕᑊ ᐗᑲᓭ ᐊᐱᐣ ᑭᐃᐡᑾ ᒥᓂᑴᐗᐨ᙮

• ᐊᐎᔭᐠ ᑐᑲᐣ ᐯᔑᐠ ᔓᑲᐗᐱᓀᐎᓂᓂ
(type 1 diabetes) ᑲᐊᔭᐗᐨ: ᓂᑌᐣᑕᑾᓂᓂ ᒥᑎᓂ ᒋᓇᔑᓭᓂᐨ ᐅᔓᑲᒥᐗᐣ ᑫᑭᔐᐸᔭᓂᐠ
ᑭᐡᐱᐣ ᒥᓂᑴᐗᐨ ᓂᔓ ᐊᑯᓇᐠ ᓂᐦᓱ ᐗᑲᓭ ᑲᑭ ᐃᔑ ᐃᐡᑾ ᑲᐎᔑᒧᓀᑴᐗᐸᐣ ᐅᑕᓇᐠ ᑭᔑᑲ᙮

ᐊᐱ ᒥᓂᑴᔭᐣ, ᑫᒋᓇᐦᐅᐣ ᒋᑭᑫᐣᑕᒪᐣ ᑫᑐᑕᒪᐣ ᒋᑭᐱᑎᓇᒪᐣ ᑲᔦ ᒋᑾᔭᑯᓇᒪᐣ ᑲᓇᔑᓭᐨ ᔕᑲ᙮

ᒥᓂᑴᐎᐣ ᑲᔦ ᔓᑲᐗᐱᓀᐎᐣ

2

ᒶᔦ ᒥᓂᑴᔭᐣ ᒥᓂᑴᐎᐣ

• ᓴᑯᓇᐠ ᐎᓯᓂᐣ, ᐅᑕᐱᓇᐣ ᑭᒪᐡᑭᑭᒪᐣ, ᑲᔦ ᓇᑭᓇᑫ ᓇᓇᑲᒋᑐᐣ ᑭᔓᑲᐎ ᒥᐢᑶᒼ ᑫᐊᐱᑕᑌᐠ, (ᐸᐸᒧᑐᐣ ᑭᓇᓇᑲᒋᒋᑫᐎ ᐊᐸᒋᒋᑲᐣ)᙮

• ᒧᔕᐠ ᐊᔭᐣ ᑫᐅᒋ ᑾᔭᑯᓇᒪᐣ ᑭᔓᑲᐎᐣ (ᑐᑲᐣ ᓂᓯᐣ ᔓᑲᐎ ᑯᒋᐸᓂᒋᑫᐎᓇᐣ ᓇᐣᑕ ᑫᑲᐟ ᐯᔑᑯ ᒥᓂᑾᑲᐣ ᔑᐗᐳ ᓇᐣᑕ ᓂᑯᑡᓱ ᔑᐎᒋᐢᓴᐠ Life Savers®)᙮

• ᐊᐣ ᐱᑯ ᐊᔭᔭᐣ, ᑫᒋᓇᐦᐅᐣ ᐊᐦᐊᐌ ᑲᐎᒋᐗᐨ ᒋᑭᑫᐣᑕᐠ ᒋᐅᒋ ᓂᓯᑕᐎᓇᐎᐠ ᑭᐡᐱᐣ ᐅᓴᒼ ᓇᔑᓭᐨ ᑭᔓᑲᒼ ᑲᔦ ᑫᐃᔑ ᑾᔭᑯᓇᐠ᙮

• ᓂᓯᑕᐌᐣᑕᐣ ᐃᐦᐃᐌ ᐎᒋᐦᐃᐌᐎᐣ ᑲᐊᐸᒋᒋᑲᑌᐠ ᐃᐦᐃᒪ ᑲᓇᔑᓭᐨ ᔓᑲ, ᑲᐎᐣ ᑕᐊᓄᑭᓭᓯᐣ ᒣᑾᐨ ᒥᓂᑴᐎᐣ ᑕᑾᐠ ᑭᔭᐎᐠ ᐁᑾ ᑕᐡ ᑫᒋᓇᐦᐅᐣ ᐊᐎᔭ ᒋᑲᓄᓇᐨ ᐊᑯᓯᐎᑕᐸᓇᐣ ᑭᐡᐱᐣ ᐃᐡᑾᑌᐦᐁᔭᐣ᙮

• ᑭᑭᐡᑲᐣ ᑫᐅᒋ ᑭᑫᓂᒥᑯᔭᐣ ᐁᔓᑲᐗᐱᓀᔭ ᑐᑲᐣ ᒣᑎᐠ ᐊᓬᐁᕒᐟ “MedicAlert® ” ᑭᑭᑾᔭᐌᐱᓯᐎᐣ ᓇᐣᑕ ᑭᒋᐣᑫᐱᓱᐎᐣ᙮

ᒣᑾᐨ ᒥᓂᑴᔭᐣ ᒥᓂᑴᐎᐣ

• ᒥᒋᓇᐣ ᑲᔓᑲᐗᑭᐣ ᒥᒋᒪᐣ ᒣᑾᐨ ᒥᓂᑴᔭᐣ ᒥᓂᑴᐎᐣ᙮

• ᒥᒋᓇᐣ ᑲᔓᑲᐗᑭᐣ ᒥᒋᒪᐣ ᐊᐱ ᑲᑴᒋᔭᐣ᙮

• ᒪᔕᐠ ᐅᓂ ᓯᑭᓇᒪᑎᓯᐣ᙮ ᐸᑭ ᐊᐸᒋᑐᐣ ᒥᓂᑴᐎᐣ ᐁᑾ ᑭᓂᑲᐗᑲᒥᓂᑫᐣ ᐁᑲ ᑲᔓᑲᐗᑭᐣ ᒋᐊᐸᒋᑐᔭᐣ᙮

• ᐯᔭᑕᐠ ᒥᓂᑴᐣ᙮ ᑯᑕᐠ ᐊᓂ ᒥᓂᑴᔭᐣ ᑲᐎᐣ ᒥᓂᑴᐎᐣ ᐃᔑ ᐊᔑᒋ ᐊᐸᒋᑐᐣ᙮

ᑭᐃᐡᑾ ᒥᓂᑴᔭᐣ ᒥᓂᑴᐎᐣ

• ᐎᑕᒪᐤ ᑲᐊᔭᑾᒥᓯᐨ ᐊᐎᔭ ᐁᑭ ᒥᓂᑴᔭᐣ᙮ ᐅᑕᑭ ᐊᔡᐸᑕᓇᐗ ᒪᐡᑯᐨ ᓇᔑᓭᐨ ᑭᔓᑲᒼ᙮

• ᒣᒣᒋᑲᑐᐣ ᑭᔓᑲᒼ ᐁᒶᔦ ᑲᐎᔑᒧᔭᐣ᙮ ᒥᒋᐣ ᑲᔓᑲᐗᐠ ᒥᒋᒼ ᑭᐡᐱᐣ ᑭᔓᑲᒼ ᐊᐗᔑᒣ ᑭᓇᔑᓭᐨ᙮

• ᐅᓇᑾᐦᐅ ᑭᐱᓱᒥᑲᐣ ᒋᒪᑗᔑᐠ ᓇᐣᑕ ᑲᐊᑾᒥᓯᐨ ᐊᐎᔭ ᐊᓄᐡ ᒋᐊᔭᒪᒋᐦᐃᐠ ᑲᐯᑎᐱᐠ ᑲᔦ ᑫᑭᔐᐸᔭᓂᐠ - ᑲᑄᑕᐎ ᓇᔑᓭᐨ ᒥᐢᑶ ᔓᑲ ᐱᑾᓇᐱ ᑕᐅᒋ ᓇᔑᓭ ᐊᑯᓇᐠ ᓂᔑᑕᓇᓂᐎᔕᑊ ᐗᑲᓭ ᑲᑭ ᐃᐡᑾ ᒥᓂᑴᔭᐸᐣ᙮

• ᐃᔑ ᐗᐸᐠ ᐗᓂᐡᑲᐣ ᔐᒪᐠ ᒋᐎᓯᓂᔭᐣ, ᒋᐅᑕᐱᒪᓇᐣ ᑭᒪᐡᑭᑭᒼ ᓇᐣᑕ ᒋᒋᐡᑕᐦᐅᑎᓯᔭᐣ᙮ ᑭᐡᐱᐣ ᐸᓂᓭᔭᐣ ᒋᐅᑕᐱᓇᒪᐣ ᑭᒪᐡᑭᑭᒼ ᓇᐣᑕ ᑭᒋᐡᑕᐦᐅᑎᓱᐎᐣ ᑕᐃᐡᐱᓭ ᑭᔓᑲᒼ ᑲᔦ ᐸᑲᐣ ᑲᑭᐃᔑ ᐊᓂᒥᓭ ᔓᑲᐗᐱᓀᐎᐣ ᐅᒋ ᐃᐦᐃᒪ ᑲᐃᒋᑲᑌᑭᐣ ketones ᑲᔦ diabetes ketoacidosis (DKA)᙮

ᑲᐊᐱᒋ ᔓᑲᐗᑭᐣ ᑲᔦ ᑲᒪᑭᒋᓯᐦᐃᐌᒪᑲᑭᐣ ᐃᐦᐃᒪ ᐊᑎᐟ ᒥᓂᑴᐎᓇᐣ ᑲᔦ ᐊᐸᑲᒥᓂᑫᐎᓂᓇᐣ (ᑭᑭᓋᑕᓯᓇᐦᐃᑲᑌᐗᐣ)

ᒥᓂᑴᐎᐣ ᑫᐊᐱᒐᐠ ᑲᐎ
ᒥᓂᑴᔭᐣ

ᑫᐅᒋ
ᑭᔑᓴᐎᓯᐡᑲᑯᔭᐣ
(kcal)

ᒥᓂᑯᐠ
ᑲᔓᑲᐎᐗᐠ
(g)

ᐱᑌᐗᐳ ᐱᕒ:
ᓇᑐ ᐱᑌᐗᐳ 341 mL (12 fl. oz) 147 12
ᑲᓄᑲᑲᒥᐠ 341 mL (12 fl. oz) 99 5
ᐁᑲ ᑲᑭᐗᐡᑴᐱᐡᑲᑫᒪᑲᐠ* 355 mL (~12 fl. oz) 50-80 11-17
ᐁᑲ ᓇᐱᐨ ᑲᔓᑲᐗᑲᒥᐠ* 341 mL (12 fl. oz) 92 3

ᑲᒪᐡᑲᐗᑲᒥᐠ ᐃᐡᑯᑌᐗᐳ 45 mL (1.5 fl. oz) 98 0

ᑲᒪᐡᑲᐗᑲᒥᐠ ᐃᐡᑯᑌᐗᐳ 45 mL (1.5 fl. oz) 155-190 10-25

ᔓᒥᓇᐳ:
ᓇᑐ ᔓᒥᓇᐳ 150 mL (5 fl. oz) 123-127 1-4
ᔑᐎᒥᒋᒼ 150 mL (5 fl. oz) 232 23
ᐁᑲ ᑲᑭᐗᐡᑴᐱᐡᑲᑫᒪᑲᐠ 150 mL (5 fl. oz) 9 1

ᑲᑾᔭᑕᑲᒥᓂᑲᑌᐠ ᒥᓂᑴᐎᐣ:
ᓇᐦᐃᓂᑯᐠ 355 mL (12 fl. oz) 178-258 21-38
ᐁᑲ ᑲᓴᐸᑲᒥᐠ* 330 mL (12 fl. oz) 100 1

ᑲᐊᐸᑲᒥᓂᑲᑲᓂᐗᐠ:
ᐁᑲ ᑲᔓᑲᐗᐠ ᔑᐗᐳ 250 mL (8 fl. oz) 0 0.2
ᓇᑐ ᔑᐗᐳ 250 mL (8 fl. oz) 88-99 23-25
ᑲᐅᑌᓭᐠ ᔑᐗᐳ 250 mL (8 fl. oz) 0 0
ᓇᑐ ᓂᐱ 250 mL (8 fl. oz) 88 23
ᒥᓂᔕᐳ 250 mL (8 fl. oz) 118 27
ᐅᑭᓂᐗᐳ 250 mL (8 fl. oz) 44 11
ᐅᑭᓂᐗᐳ ᐊᔑᐨ ᐁᐡᐠ ᐗᐳ† 250 mL (8 fl. oz) 123 28

* ᒪᔭᑦ ᑭᑭᓇᐊᐧᒋᐱᐦᐃᑲᓂᐠ
†USDA, 2011

ᑭᑭᓇᐊᐧᐸᒋᑫᐃᐧᐣ: ᑲᓇᑕ ᐊᐦᑭᐠ ᑲᐃᔑᒪᒪᐊᐧᓯᓇᐦᐃᑲᑌᑭᐣ ᒥᒋᒪᐣ, 2010
ᒥᓂᑯᐠ ᑲᐊᔭᒪᑲᑭᐣ ᑫᑯᓇᐣ ᒥᓂᑫᐧᐃᐠ ᐸᐸᑲᐣ ᐃᓇᑲᒥᓄᐣ, ᓇᓇᑲᒋᑐᐣ ᑲᑭᑭᓇᐊᐧᒋᐱᐦᐃᑲᑌᐠ

ᐊᐗᔑᒣ ᐎᑭᑫᐣᑕᒪᐣ ᑫᑯᓇᐣ, ᑲᓇᐗᐸᑕᐣ ᐁᑲ ᑌᐺ ᑲᓂᑌᐣᑕᑾᑭᐣ ᒥᓂᑴᐎᓂᓂᐠ ᐅᒋ ᐅᐦᐅᒪ www.lrdg.net

ᑫᑯᓀᐣ ᐃᐦᐃ “ᑫᐊᐱᒐ ᑲᐎ ᒥᓂᑴᔭᐣ”?

ᐯᔑᐠ ᑫᐊᐱᒐᐠ ᒥᓂᑴᐎᐣ (13.6 g of alcohol):

ᐱᑌᐗᐳ ᐱᕒ: 341 mL (12 fl. oz) ᑲᓇᑐ ᒪᐡᑲᐎᓯᒪᑲᐠ ᐱᑌᐗᐳ
(5% ᑲᑭᐗᐡᑴᐱᐡᑲᑫᒪᑲᐠ)

ᑲᒪᐡᑲᐗᑲᒥᑭᐣ ᒥᓂᑴᐎᓂᓇᐣ: 45 mL (1.5 fl. oz) ᑲᒪᐡᑲᐗᑲᒥᑭᐣ ᒥᓂᑴᐎᓂᓇᐣ (40% ᑲᑭᐗᐡᑴᐱᐡᑲᑫᒪᑲᐠ)

ᔓᒥᓇᐳ: 150 mL (5 fl. oz) ᔓᒥᓇᐳ (12% ᑲᑭᐗᐡᑴᐱᐡᑲᑫᒪᑲᐠ)

ᒋᑭᑫᐣᑕᒪᐣ: ᑭᐡᐱᐣ ᐊᑭᒪᐨ ᔓᑲ, ᑲᐎᐣ ᒋᐡᑕᐦᐅᑎᓯᐣ ᑲᒥᓂᑾᑕᒪᓂᐣ ᒥᓂᑴᐎᓂᓇᐣ᙮

ᐊᐗᔑᒣ ᐎᑭᑫᐣᑕᒪᐣ ᒥᓂᑴᐎᐣ ᑲᔦ ᔓᑲᐗᐱᓀᐎᐣ, ᑲᓇᐗᐸᑕᐣ ᒪᓯᓇᑌᓯᒋᑲᐣ “ᒋᐅᓀᐣᑕᒪᓯᔭᐣ ᑫᐃᔑ ᐱᒧᑐᔭᐣ ᑭᐱᒪᑎᓯᐎᐣ” (Managing Your Lifestyle) ᐅᐦᐅᒪ ᑲᑭᑭᓯᐠ᙮ ᑲᔦ ᑲᔓᑲᐗᐱᓀᐗᐨ ᐊᐎᔭᐠ ᐅᑕᑭ ᐊᓂᒧᑕᒥᐗᐗᐣ Content taken from the Canadian ᐅᒪᐡᑭᑭᐎᓂᒥᐗᐣ ᐃᐦᐃᐌ ᑲᐃᔑ ᐊᐸᒋᑐᐗᐨ ᒥᓂᑴᐎᓂᓂ ᐅᒋ Diabetes Association’s consumer
fact sheet, Alcohol and Diabetes.

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