

Pranimi për diabet • Diabetesmottagning

Rutinat e përditshme të racioneve për ngrënie

Dagliga måltidsrutiner

flas prata	pyetje frëga	procedurë rutin	mirë (i) bra	ligë dålign																																																																								
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kontrollimi i sheqerit në kontrollera blodsocker	llogaritja e karbohidrateve <table border="1"> <tbody> <tr><td>Pumpkin seed high</td><td>4800</td><td>0.55</td><td>2500</td></tr> <tr><td>Camellia high</td><td>2200</td><td>1.00</td><td>2200</td></tr> <tr><td>Safflower seeds</td><td>2500</td><td>0.54</td><td>1300</td></tr> <tr><td>Safflower oil</td><td>2000</td><td>0.54</td><td>1000</td></tr> <tr><td>Chia seeds high</td><td>2000</td><td>0.50</td><td>2000</td></tr> <tr><td>Flaxseed</td><td>1400</td><td>0.80</td><td>1100</td></tr> <tr><td>Soybeans</td><td>2400</td><td>1.00</td><td>2400</td></tr> <tr><td>Sacha seed oil high</td><td>4000</td><td>0.80</td><td>3200</td></tr> <tr><td>Walnuts, English</td><td>1800</td><td>0.45</td><td>2500</td></tr> <tr><td>Soybean oil</td><td>2500</td><td>0.18</td><td>530</td></tr> <tr><td>Pumpkin seed high</td><td>2000</td><td>1.00</td><td>2000</td></tr> <tr><td>Pumpkin seed oil</td><td>3000</td><td>1.00</td><td>3000</td></tr> <tr><td>Sesame seed oil</td><td>1000</td><td>0.40</td><td>400</td></tr> <tr><td>Flax seed oil</td><td>2000</td><td>0.27</td><td>500</td></tr> <tr><td>Sesame seed</td><td>1000</td><td>0.85</td><td>850</td></tr> <tr><td>Safflower oil</td><td>1000</td><td>0.32</td><td>320</td></tr> <tr><td>Neop</td><td>1200</td><td>0.40</td><td>480</td></tr> <tr><td>Canola oil high</td><td>1200</td><td>0.10</td><td>1200</td></tr> </tbody> </table> räkna kolhydrater	Pumpkin seed high	4800	0.55	2500	Camellia high	2200	1.00	2200	Safflower seeds	2500	0.54	1300	Safflower oil	2000	0.54	1000	Chia seeds high	2000	0.50	2000	Flaxseed	1400	0.80	1100	Soybeans	2400	1.00	2400	Sacha seed oil high	4000	0.80	3200	Walnuts, English	1800	0.45	2500	Soybean oil	2500	0.18	530	Pumpkin seed high	2000	1.00	2000	Pumpkin seed oil	3000	1.00	3000	Sesame seed oil	1000	0.40	400	Flax seed oil	2000	0.27	500	Sesame seed	1000	0.85	850	Safflower oil	1000	0.32	320	Neop	1200	0.40	480	Canola oil high	1200	0.10	1200	llogaritja e dozës së beräkna insulindos	marrja e insulinës ta insulin	prit një çerek vënta en kvart
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