

Servîsa nexweşîya şekir · Diabetesmottaging

Edetên xwarinê yên ne guncav

Dagliga mältidsrutiner

<p>peyvîn</p>  <p>pratar</p>	<p>pirs</p>  <p>frâga</p>	<p>rutîn</p>  <p>rutiner</p>	<p>baş</p>  <p>bra</p>	<p>nebaş</p>  <p>dâlig</p>																																																																								
<p>taştê</p>  <p>frukost</p>	<p>dangî</p>  <p>mellanmål</p>	<p>firavîn</p>  <p>lunch</p>	<p>xwarina êvarê</p>  <p>middag</p>	<p>şîv</p>  <p>kvällsmat</p>																																																																								
<p>şekirê xwînê kontrol bike.</p>  <p>kontrollera blodsocker</p>	<p>kolhîdratan bihejmêre</p> <table border="1"> <tbody> <tr><td>Pumpkin seed high</td><td>4800</td><td>0.55</td><td>2500</td></tr> <tr><td>Camelina high</td><td>2280</td><td>1.05</td><td>2200</td></tr> <tr><td>Sunflower seeds</td><td>2500</td><td>0.54</td><td>1300</td></tr> <tr><td>Sunflower oil</td><td>2000</td><td>0.54</td><td>1000</td></tr> <tr><td>Flax seed high</td><td>2500</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>2600</td><td>1.00</td><td>2600</td></tr> <tr><td>Soybean rich oil high</td><td>4000</td><td>0.80</td><td>3200</td></tr> <tr><td>Walnuts, English</td><td>2500</td><td>0.45</td><td>2200</td></tr> <tr><td>Soybean oil</td><td>2500</td><td>0.18</td><td>500</td></tr> <tr><td>Flax seed high</td><td>2000</td><td>1.00</td><td>2000</td></tr> <tr><td>Flaxseed</td><td>30000</td><td>1.00</td><td>30000</td></tr> <tr><td>Sesame seed oil</td><td>1000</td><td>0.49</td><td>400</td></tr> <tr><td>Flax seed oil</td><td>2000</td><td>0.27</td><td>400</td></tr> <tr><td>Sesame seed</td><td>1000</td><td>0.85</td><td>800</td></tr> <tr><td>Safflower oil</td><td>1000</td><td>0.32</td><td>300</td></tr> <tr><td>Neop</td><td>1200</td><td>0.40</td><td>400</td></tr> <tr><td>Canola oil high</td><td>1200</td><td>0.19</td><td>1200</td></tr> </tbody> </table> <p>räkna kolhydrater</p>	Pumpkin seed high	4800	0.55	2500	Camelina high	2280	1.05	2200	Sunflower seeds	2500	0.54	1300	Sunflower oil	2000	0.54	1000	Flax seed high	2500	0.50	2000	Flaxseed	1400	0.80	1100	Soybeans	2600	1.00	2600	Soybean rich oil high	4000	0.80	3200	Walnuts, English	2500	0.45	2200	Soybean oil	2500	0.18	500	Flax seed high	2000	1.00	2000	Flaxseed	30000	1.00	30000	Sesame seed oil	1000	0.49	400	Flax seed oil	2000	0.27	400	Sesame seed	1000	0.85	800	Safflower oil	1000	0.32	300	Neop	1200	0.40	400	Canola oil high	1200	0.19	1200	<p>dosaja însûlînê bihesibîne</p>  <p>beräkna insulindos</p>	<p>Însûlînê bistîne</p>  <p>ta insulin</p>	<p>çarekekê bipê</p>  <p>vânta en kvart</p>
Pumpkin seed high	4800	0.55	2500																																																																									
Camelina high	2280	1.05	2200																																																																									
Sunflower seeds	2500	0.54	1300																																																																									
Sunflower oil	2000	0.54	1000																																																																									
Flax seed high	2500	0.50	2000																																																																									
Flaxseed	1400	0.80	1100																																																																									
Soybeans	2600	1.00	2600																																																																									
Soybean rich oil high	4000	0.80	3200																																																																									
Walnuts, English	2500	0.45	2200																																																																									
Soybean oil	2500	0.18	500																																																																									
Flax seed high	2000	1.00	2000																																																																									
Flaxseed	30000	1.00	30000																																																																									
Sesame seed oil	1000	0.49	400																																																																									
Flax seed oil	2000	0.27	400																																																																									
Sesame seed	1000	0.85	800																																																																									
Safflower oil	1000	0.32	300																																																																									
Neop	1200	0.40	400																																																																									
Canola oil high	1200	0.19	1200																																																																									
<p>xwarin</p>  <p>äta</p>	<p>2 seet</p>  <p>2 timmar</p>	<p>dîsa</p>  <p>igen</p>	<p>çalakiya fizîkî</p>  <p>fysisk aktivitet</p>	<p>dibistan</p>  <p>skola</p>																																																																								
<p>şekir şerbet tiştên şêrîn</p>  <p>godis läsk sötsaker</p>	<p>xwarina baş</p>  <p>bra mat</p>	<p>raketin</p>  <p>sova</p>	<p>belê</p>  <p>ja</p>	<p>na</p>  <p>nej</p>																																																																								