

# Pranimi për diabet • Diabetesmottagning

## Rutinat e përditshme të racioneve për ngrënie

### Dagliga måltidsrutiner

<p>flas</p> <p>prata</p>	<p>pyetje</p> <p>frëga</p>	<p>procedurë</p> <p>rutin</p>	<p>mirë (i)</p> <p>bra</p>	<p>ligë</p> <p>dålign</p>																																																																				
<p>sillë</p> <p>frukost</p>	<p>racion i lehtë</p> <p>mellanmål</p>	<p>drekë</p> <p>lunch</p>	<p>racion kryesor i të ngrënit</p> <p>middag</p>	<p>darkë</p> <p>kvällsmat</p>																																																																				
<p>kontrollimi i sheqerit në</p> <p>kontrollera blodsocker</p>	<p>Ilogaritja e karbohidrateve</p> <table border="1"> <tr><td>Pumpkin seed high</td><td>4800</td><td>0.55</td><td>2500</td></tr> <tr><td>Camelina high</td><td>2200</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>1.54</td><td>1000</td></tr> <tr><td>Chia seed high</td><td>2500</td><td>0.95</td><td>2500</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>2600</td></tr> <tr><td>Sacha inch oil high</td><td>4000</td><td>0.80</td><td>3200</td></tr> <tr><td>Walnuts, English</td><td>1500</td><td>1.45</td><td>2500</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>1.05</td><td>2000</td></tr> <tr><td>Flaxseed oil</td><td>1000</td><td>0.49</td><td>400</td></tr> <tr><td>Flax seed oil</td><td>2000</td><td>1.27</td><td>400</td></tr> <tr><td>Sesame seed</td><td>1000</td><td>0.85</td><td>850</td></tr> <tr><td>Safflower oil</td><td>1600</td><td>1.32</td><td>700</td></tr> <tr><td>Neop</td><td>1200</td><td>0.40</td><td>400</td></tr> <tr><td>Cornmeal oil high</td><td>1200</td><td>0.19</td><td>1200</td></tr> </table> <p>räkna kolhydrater</p>	Pumpkin seed high	4800	0.55	2500	Camelina high	2200	1.05	2200	Sunflower seeds	2500	0.54	1300	Sunflower oil	2000	1.54	1000	Chia seed high	2500	0.95	2500	Flaxseed	1400	0.80	1100	Soybeans	2400	1.00	2600	Sacha inch oil high	4000	0.80	3200	Walnuts, English	1500	1.45	2500	Soybean oil	2500	0.18	500	Flax seed high	2000	1.05	2000	Flaxseed oil	1000	0.49	400	Flax seed oil	2000	1.27	400	Sesame seed	1000	0.85	850	Safflower oil	1600	1.32	700	Neop	1200	0.40	400	Cornmeal oil high	1200	0.19	1200	<p>Ilogaritja e dozën së</p> <p>beräkna insulinidos</p>	<p>marrja e insulinës</p> <p>ta insulin</p>	<p>prit një çerek</p> <p>vånta en kvart</p>
Pumpkin seed high	4800	0.55	2500																																																																					
Camelina high	2200	1.05	2200																																																																					
Sunflower seeds	2500	0.54	1300																																																																					
Sunflower oil	2000	1.54	1000																																																																					
Chia seed high	2500	0.95	2500																																																																					
Flaxseed	1400	0.80	1100																																																																					
Soybeans	2400	1.00	2600																																																																					
Sacha inch oil high	4000	0.80	3200																																																																					
Walnuts, English	1500	1.45	2500																																																																					
Soybean oil	2500	0.18	500																																																																					
Flax seed high	2000	1.05	2000																																																																					
Flaxseed oil	1000	0.49	400																																																																					
Flax seed oil	2000	1.27	400																																																																					
Sesame seed	1000	0.85	850																																																																					
Safflower oil	1600	1.32	700																																																																					
Neop	1200	0.40	400																																																																					
Cornmeal oil high	1200	0.19	1200																																																																					
<p>ha</p> <p>åta</p>	<p>2 orë</p> <p>2 timmar</p>	<p>përsëri</p> <p>igen</p>	<p>aktiviteti fizik</p> <p>fysisk aktivitet</p>	<p>shkollë</p> <p>skola</p>																																																																				
<p>sheqerka lëngje të gazuara</p> <p>godis läsk sötsaker</p>	<p>ushqim i mirë</p> <p>bra mat</p>	<p>fle</p> <p>sova</p>	<p>po</p> <p>ja</p>	<p>jo</p> <p>nej</p>																																																																				