

# Servîsa nexweşiya şekir · Diabetesmottagning

## 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>2400</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>Sunflower oil</td><td>1000</td><td>0.32</td><td>700</td></tr> <tr><td>Neop</td><td>1200</td><td>0.40</td><td>600</td></tr> <tr><td>Coconut oil high</td><td>1200</td><td>0.10</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	2400	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	Sunflower oil	1000	0.32	700	Neop	1200	0.40	600	Coconut oil high	1200	0.10	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>
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<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>																																																																								