

# Qaybta qaabilsan sonkorowga · Diabetesmottagning

## Jadwal cunto maalin kasta la joogteeyo

### Dagliga måltidsrutiner

<p>hadlaya</p>  <p>pratar</p>	<p>su'aal</p>  <p>fråga</p>	<p>nidaam mar kasta la raaco</p>  <p>rutin</p>	<p>fiican</p>  <p>bra</p>	<p>xun</p>  <p>dålig</p>																																																																				
<p>qureec</p>  <p>frukost</p>	<p>cuwaaf</p>  <p>mellanmål</p>	<p>qado</p>  <p>lunch</p>	<p>casho</p>  <p>middag</p>	<p>cunto habaynkii la cuno</p>  <p>kvällsmat</p>																																																																				
<p>Hubi sonkorta dhiiga</p>  <p>kontrollera blodsocker</p>	<p>xisaabi tamarta cuntada</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>Chia 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>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>0.45</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>1.00</td><td>2000</td></tr> <tr><td>Linseed 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>1600</td><td>0.32</td><td>500</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>0.10</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	Chia seed high	2500	0.50	2000	Flaxseed	1400	0.80	1100	Soybeans	2600	1.00	2600	Sacha inch oil high	4000	0.80	3200	Walnuts, English	1500	0.45	2500	Soybean oil	2500	0.18	500	Flax seed high	2000	1.00	2000	Linseed oil	1000	0.40	400	Flax seed oil	2000	0.27	500	Sesame seed	1000	0.85	850	Safflower oil	1600	0.32	500	Neop	1200	0.40	400	Canola oil high	1200	0.10	1200	<p>xisaabi insulinta aad</p>  <p>beräkna insulindos</p>	<p>qaado insulinta</p>  <p>ta insulin</p>	<p>sug rubi saac</p>  <p>vänta 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																																																																					
Chia seed high	2500	0.50	2000																																																																					
Flaxseed	1400	0.80	1100																																																																					
Soybeans	2600	1.00	2600																																																																					
Sacha inch oil high	4000	0.80	3200																																																																					
Walnuts, English	1500	0.45	2500																																																																					
Soybean oil	2500	0.18	500																																																																					
Flax seed high	2000	1.00	2000																																																																					
Linseed oil	1000	0.40	400																																																																					
Flax seed oil	2000	0.27	500																																																																					
Sesame seed	1000	0.85	850																																																																					
Safflower oil	1600	0.32	500																																																																					
Neop	1200	0.40	400																																																																					
Canola oil high	1200	0.10	1200																																																																					
<p>cunaya</p>  <p>äta</p>	<p>2 saacadood</p>  <p>2 timmar</p>	<p>haddana</p>  <p>igen</p>	<p>aalmiitayn</p>  <p>fysisk aktivitet</p>	<p>iskuul</p>  <p>skola</p>																																																																				
<p>nacnac cabitaan aashid leh</p>  <p>godis läsk sötsaker</p>	<p>cunto fiican</p>  <p>bra mat</p>	<p>seexanaya</p>  <p>sova</p>	<p>haa</p>  <p>ja</p>	<p>maya</p>  <p>nej</p>																																																																				