

# Diabetesmottagning • بنکە ی پیشوای نەخۆشی شەکرە

رۆتینی رۆژانە ی ژەمەکانی خواردن

## Dagliga måltidsrutiner

<p>دوواندن</p>  <p>prata</p>	<p>پرسیار</p>  <p>fråga</p>	<p>رۆتین</p>  <p>rutiner</p>	<p>باش</p>  <p>bra</p>	<p>خراب</p>  <p>dåligt</p>																																																																																										
<p>ژەمی بەرچایی</p>  <p>frukost</p>	<p>نیوانە ژەم</p>  <p>mellanmål</p>	<p>ژەمی نیوەرۆ</p>  <p>lunch</p>	<p>ژەمی ئیوارە</p>  <p>middag</p>	<p>خواردنی ئیوارە</p>  <p>kvällsmat</p>																																																																																										
<p>کۆنترۆلی شەکر ی خوین بکە</p>  <p>kontrollera blodsocker</p>	<p>حسابی کاربۆهیدرات بکە</p> <table border="1"> <tbody> <tr><td>Pumpkin seed high</td><td>4800</td><td>0.55</td><td>2500</td><td>T</td></tr> <tr><td>Camellia high</td><td>2200</td><td>1.05</td><td>2200</td><td>T</td></tr> <tr><td>Sunflower seeds</td><td>2500</td><td>0.54</td><td>1300</td><td>T</td></tr> <tr><td>Sunflower oil</td><td>2000</td><td>1.54</td><td>1000</td><td>T</td></tr> <tr><td>Chia seeds high</td><td>2000</td><td>1.05</td><td>2000</td><td>T</td></tr> <tr><td>Flaxseed</td><td>1400</td><td>0.80</td><td>1100</td><td>T</td></tr> <tr><td>Soybeans</td><td>2600</td><td>1.05</td><td>2600</td><td>T</td></tr> <tr><td>Soybean meal oil high</td><td>4000</td><td>0.80</td><td>3200</td><td>T</td></tr> <tr><td>Millets, regular</td><td>2500</td><td>1.05</td><td>2500</td><td>T</td></tr> <tr><td>Soybean oil</td><td>2600</td><td>0.18</td><td>50</td><td>T</td></tr> <tr><td>Tringa seed high</td><td>2000</td><td>1.05</td><td>2000</td><td>T</td></tr> <tr><td>Thickened high</td><td>3000</td><td>1.05</td><td>3000</td><td>T</td></tr> <tr><td>Sesame seed oil</td><td>1000</td><td>0.40</td><td>400</td><td>T</td></tr> <tr><td>Tringa seed oil</td><td>2000</td><td>1.27</td><td>140</td><td>T</td></tr> <tr><td>Sesame seed</td><td>1000</td><td>0.85</td><td>850</td><td>T</td></tr> <tr><td>Sunflower oil</td><td>1000</td><td>1.32</td><td>700</td><td>T</td></tr> <tr><td>Woop</td><td>1200</td><td>0.40</td><td>480</td><td>T</td></tr> <tr><td>Concentrated high</td><td>1200</td><td>0.10</td><td>1200</td><td>T</td></tr> </tbody> </table> <p>räkna kolhydrater</p>	Pumpkin seed high	4800	0.55	2500	T	Camellia high	2200	1.05	2200	T	Sunflower seeds	2500	0.54	1300	T	Sunflower oil	2000	1.54	1000	T	Chia seeds high	2000	1.05	2000	T	Flaxseed	1400	0.80	1100	T	Soybeans	2600	1.05	2600	T	Soybean meal oil high	4000	0.80	3200	T	Millets, regular	2500	1.05	2500	T	Soybean oil	2600	0.18	50	T	Tringa seed high	2000	1.05	2000	T	Thickened high	3000	1.05	3000	T	Sesame seed oil	1000	0.40	400	T	Tringa seed oil	2000	1.27	140	T	Sesame seed	1000	0.85	850	T	Sunflower oil	1000	1.32	700	T	Woop	1200	0.40	480	T	Concentrated high	1200	0.10	1200	T	<p>حسابی ئەندازە ی ئینسۆلین بکە</p>  <p>beräkna insulin</p>	<p>ئینسۆلین وەرگرە</p>  <p>ta insulin</p>	<p>چارەکیک چاوەروانکە</p>  <p>vänta en kvart</p>
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<p>نانخواردن</p>  <p>äta</p>	<p>٢ کاتژمێر</p>  <p>2 timmar</p>	<p>دیسانەو</p>  <p>igen</p>	<p>جموجۆلی جەستەیی</p>  <p>fysisk aktivitet</p>	<p>خویندنگا</p>  <p>skola</p>																																																																																										
<p>گودیس ساردی شتی شیرین</p>  <p>godis läsk sötsaker</p>	<p>خواردەمەنی باش</p>  <p>bra mat</p>	<p>نوستن</p>  <p>sova</p>	<p>بەڵێ</p>  <p>ja</p>	<p>نەخێر</p>  <p>nej</p>																																																																																										