

መቐበሊ ክፍሊ ሕግም ሽኩሪያ • Diabetesmottagning

መግለጫ ስራዕ መደብ መግቢ

Dagliga måltidsrutiner

<p>ምዝራብ</p>  <p>prata</p>	<p>ሕቶ</p>  <p>fråga</p>	<p>ልመድ: ዝደጋገም ስራሕ</p>  <p>rutiner</p>	<p>ጸቡቕ</p>  <p>bra</p>	<p>ሕመቕ</p>  <p>dåligt</p>																																																																								
<p>ቁርሲ</p>  <p>frukost</p>	<p>ጠዓሞት</p>  <p>mellanmål</p>	<p>ምሳሕ</p>  <p>lunch</p>	<p>ድራር</p>  <p>middag</p>	<p>ጥዓሞት</p>  <p>kvällsmat</p>																																																																								
<p>ኣብ ደም ዘሎ ሽኩር ምቁጽጽር</p>  <p>kontrollera blodsocker</p>	<p>ምዕቓን ካርቦሃይድሬት</p> <table border="1" data-bbox="422 952 614 1131"> <tr><td>Pumpkin seed high</td><td>4800</td><td>0.55</td><td>2500</td></tr> <tr><td>Camellia high</td><td>2200</td><td>1.05</td><td>2400</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 seeds high</td><td>2000</td><td>1.05</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>2600</td><td>1.00</td><td>2600</td></tr> <tr><td>Sacha inchi oil high</td><td>4000</td><td>0.80</td><td>3200</td></tr> <tr><td>Walnuts, English</td><td>2500</td><td>1.45</td><td>2200</td></tr> <tr><td>Soybean oil</td><td>2500</td><td>0.18</td><td>530</td></tr> <tr><td>Truffle seed high</td><td>2000</td><td>1.05</td><td>2000</td></tr> <tr><td>Duckweed high</td><td>30000</td><td>1.00</td><td>30000</td></tr> <tr><td>Sesame seed oil</td><td>1000</td><td>0.40</td><td>400</td></tr> <tr><td>Truffle seed oil</td><td>2000</td><td>1.27</td><td>1400</td></tr> <tr><td>Sesame seed</td><td>1000</td><td>0.85</td><td>850</td></tr> <tr><td>Sunflower oil</td><td>1000</td><td>1.32</td><td>720</td></tr> <tr><td>Walnut</td><td>1200</td><td>0.40</td><td>480</td></tr> <tr><td>Cornmeal oil high</td><td>12000</td><td>0.10</td><td>12000</td></tr> </table> <p>räkna kolhydrater</p>	Pumpkin seed high	4800	0.55	2500	Camellia high	2200	1.05	2400	Sunflower seeds	2500	0.54	1300	Sunflower oil	2000	1.54	1000	Chia seeds high	2000	1.05	2500	Flaxseed	1400	0.80	1100	Soybeans	2600	1.00	2600	Sacha inchi oil high	4000	0.80	3200	Walnuts, English	2500	1.45	2200	Soybean oil	2500	0.18	530	Truffle seed high	2000	1.05	2000	Duckweed high	30000	1.00	30000	Sesame seed oil	1000	0.40	400	Truffle seed oil	2000	1.27	1400	Sesame seed	1000	0.85	850	Sunflower oil	1000	1.32	720	Walnut	1200	0.40	480	Cornmeal oil high	12000	0.10	12000	<p>ምዕቓን ኢንሱሊን</p>  <p>beräkna insulindos</p>	<p>ኢንሱሊን ትወስድ</p>  <p>ta insulin</p>	<p>ርብዒ ሰዓት ትጽብ</p>  <p>vänta en kvart</p>
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<p>ካራማሊን፣ ምቁራት ነገራትን</p>  <p>godis läsk sötsaker</p>	<p>ጸቡቕ መግቢ</p>  <p>bra mat</p>	<p>ድቃስ</p>  <p>sova</p>	<p>እወ</p>  <p>ja</p>	<p>ኖኖአ</p>  <p>nej</p>																																																																								