

I denne dagboka skal du notere inntak av mat og drikke, samt føre ned hvor mye fysisk aktivitet du er i. Vi ønsker at du noterer ned alt du spiser og drikker så nøyaktig som mulig. Et eksempel vil f. eks være Frokost: 2 grove brødskeer med brunost, 1 glas melk (2dl), 1 halv banan og 1 kopp kaffe. Du slår opp i "karbohydrater og insulin-boka" og beregner hvor mange karbohydrater dette omfatter utfra bildene. En del mat inneholder ikke karbohydrater og vil ikke finnes i boka.

DATE: 27.02

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