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| **Tijd** | **Bloedglucose** | **Eenhedeninsuline/soort** | **Wat hebt u gegeten/ gedronken?hoeveelheid** | **Koolhydraten in gram(wanneer u dit weet)** | **Opmerking: beweging, spanning, ziekte** |
| ……..uur Nuchter voor ontbijt |  |  |  |  |  |
| Ontbijt |  |  |  |  |  |
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| ……uur meting 2 uur na ontbijt |  |  |  |  |  |
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| ………uur Voor de lunch |  |  |  |  |  |
| Lunch |  |  |  |  |  |
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| ……..uur meting 2 uur na lunch |  |  |  |  |  |
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| ………uur Voor avondeten |  |  |  |  |  |
| Avondeten |  |  |  |  |  |
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| …uur meting 2 uur na avondeten |  |  |  |  |  |
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| ………uur Voor slapen |  |  |  |  |  |