

Mijn Koolhydraten

Inhoud en hoeveelheid koolhydraten

9

A



A1



A2



A3



A4



A5



A6



A7



A8



A9

B



B1



B2



B3



B4



B5



B6



B7



B8



B9

C



C1



C2



C3



C4



C5



C6



C7

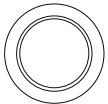


C8

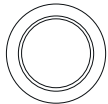


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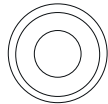
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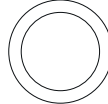
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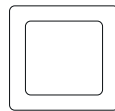
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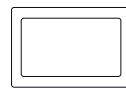
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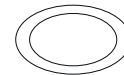
D4



D5



D6



D7



D8



D9

E



E1



E2



E3



E4



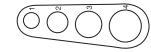
E5



E6



E7



E8



E9

F



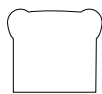
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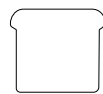
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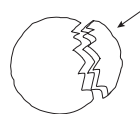
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F4



F5



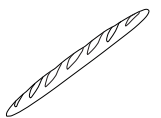
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F7



F8

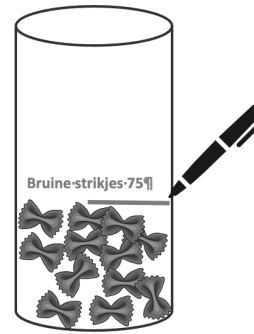


F9

Mijn Koolhydraten

Inhoud en hoeveelheid koolhydraten

Voorbeeld Mijn Diabetesmaatje



Kleur	Product	Bereiding	Gram/milliliter	Koolhydraten gram
Zwart	Bruine strikjes pasta	Onbereid	75	54
Rood	Zilvervliesrijst	Onbereid	50	37

Mijn Diabetesmaatje

Kleur	Product	Bereiding	Gram/milliliter	Koolhydraten gram
Zwart				
Rood				
Geel				
Groen				
Blauw				

Kijken naar koolhydraten



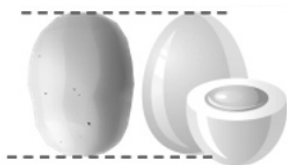
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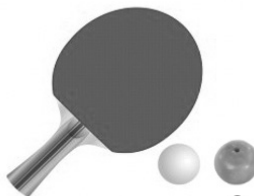
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20



10



3