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| **Дата** | **День недели** |  | **Глюкоза крови**ммоль/литр | **Давление,** мм.рт.ст. | **Сахароснижающая терапия** | **Количество** ХЕ | **Продукт/ блюдо** | **Физическая активность и другие комментарии** |
| Перед едой | После еды (через 2 часа) | Доза базального инсулина, Ед | Доза короткого инсулина, Ед | Таблетированные препараты |
|  | **Понедельник** | Завтрак  |  |  |  |  |  |  |  |  |  |
| Перекус |  |  |  |  |  |  |  |  |  |
| Обед  |  |  |  |  |  |  |  |  |  |
| Перекус  |  |  |  |  |  |  |  |  |  |
| Ужин  |  |  |  |  |  |  |  |  |  |



**ДНЕВНИК САМОКОНТРОЛЯ ПРИ САХАРНОМ ДИАБЕТЕ**

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|  | **Вторник**  | Завтрак  |  |  |  |  |  |  |  |  |  |
| Перекус |  |  |  |  |  |  |  |  |  |
| Обед  |  |  |  |  |  |  |  |  |  |
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|  | **Среда**  | Завтрак  |  |  |  |  |  |  |  |  |  |
| Перекус |  |  |  |  |  |  |  |  |  |
| Обед  |  |  |  |  |  |  |  |  |  |
| Перекус  |  |  |  |  |  |  |  |  |  |
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|  | **Четверг**  | Завтрак  |  |  |  |  |  |  |  |  |  |
| Перекус |  |  |  |  |  |  |  |  |  |
| Обед  |  |  |  |  |  |  |  |  |  |
| Перекус  |  |  |  |  |  |  |  |  |  |
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|  | **Пятница**  | Завтрак  |  |  |  |  |  |  |  |  |  |
| Перекус |  |  |  |  |  |  |  |  |  |
| Обед  |  |  |  |  |  |  |  |  |  |
| Перекус  |  |  |  |  |  |  |  |  |  |
| Ужин  |  |  |  |  |  |  |  |  |  |

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|  | **Суббота**  | Завтрак  |  |  |  |  |  |  |  |  |  |
| Перекус |  |  |  |  |  |  |  |  |  |
| Обед  |  |  |  |  |  |  |  |  |  |
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|  | **Воскресенье**  | Завтрак  |  |  |  |  |  |  |  |  |  |
| Перекус |  |  |  |  |  |  |  |  |  |
| Обед  |  |  |  |  |  |  |  |  |  |
| Перекус  |  |  |  |  |  |  |  |  |  |
| Ужин  |  |  |  |  |  |  |  |  |  |

**Вес**...................................................................................

**Гликированный гемоглобин**.........................................

**Дата измерения**............................................................

**Комментарии:** ................................................................................. ................................................................................. ....................................................................

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Материал принадлежит ООО "ММА"МедиаМедика", любое копирование и использование в коммерческих целях запрещено.