






| | 早餐前  | | | 午餐前  | | | 晚餐前  | | | 睡覺前  | | |  |
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| 日期 | 胰島素: | | | 胰島素: | | | 胰島素: | | | 胰島素: | | | |
| | 時間 | 血糖 | 胰島素 | 時間 | 血糖 | 胰島素 | 時間 | 血糖 | 胰島素 | 時間 | 血糖 | 胰島素 | |
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|---|---|--|---|---|
| 如何使用我的血糖仪? | 我能吃什么? | | | 胰岛素如何帮助我? |
|  |  |  |  |  |
| Bit.ly/Guide-Chi | Bit.ly/Diet1-Ch | Bit.ly/Diet2-Ch | Bit.ly/Diet3-Ch | Bit.ly/InsulinIntro-ChiSC |

更多资源: sfghdiabetes.org