

OCCASIONEEL EN MET MATE

D
A
G
E
L
I
J
K
S

DIVERSEN

Gebak - Koekjes - Chips
Chocolade - Zoetmiddelen
Suikerwaren



ALCOHOLISCHE DRANKEN

• 0 tot 2 glazen

SMEER EN BEREIDINGSVETTEN

• Weinig en variëren

VLEES - GEVOGELTE
VIS - EIEREN
VLEESWAREN
• 2 tot 3 delen

ZUIVELPRODUCTEN

• 2 tot 3 delen

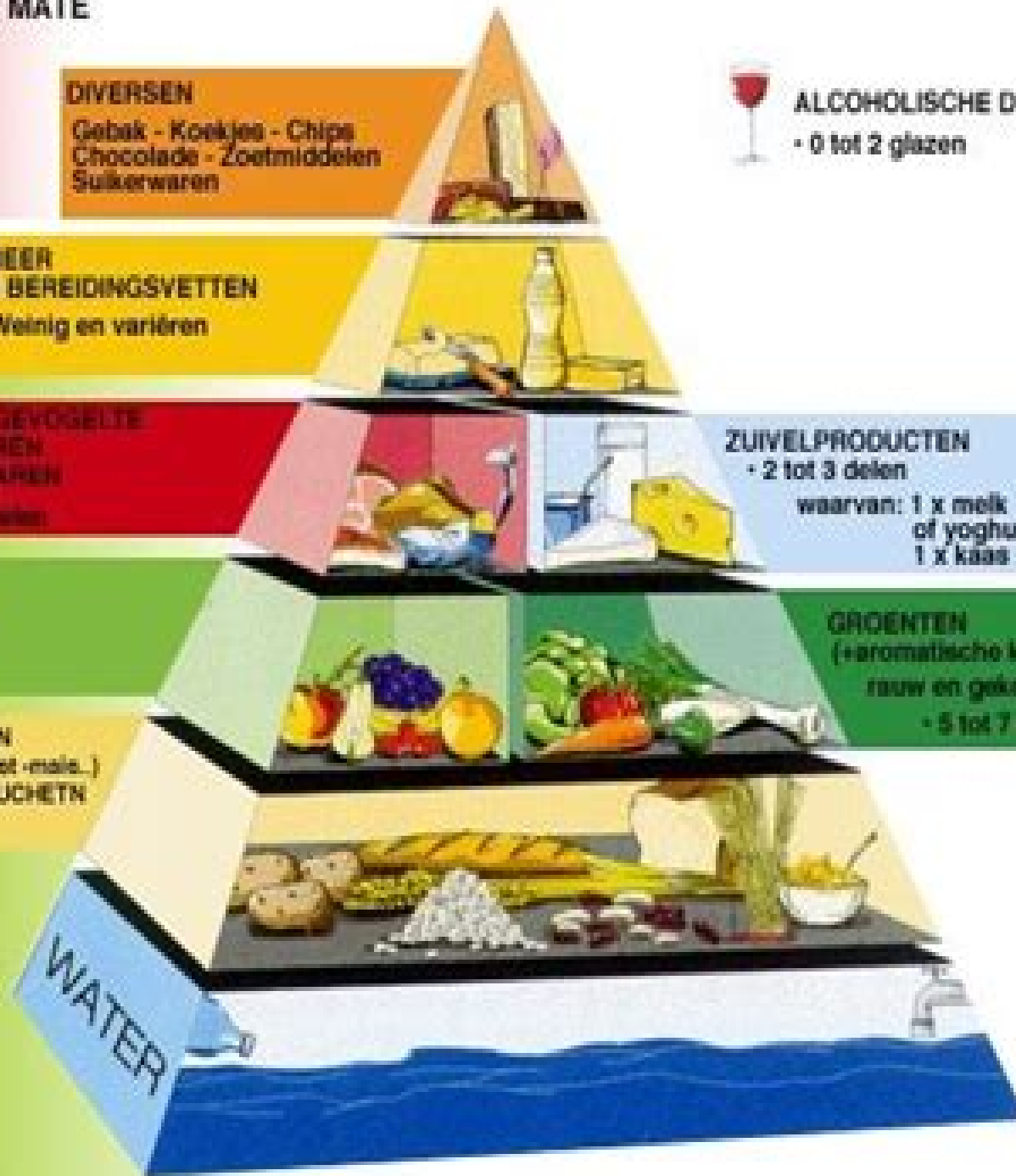
waarvan: 1 x melk
of yoghurt
1 x kaas

VERS FRUIT
• 3 tot 5 delen

GROENTEN
(+aromatische kruiden)
rauw en gekookt
• 5 tot 7 delen

BROOD - AARDAPPELEN
GRAANPRODUCTEN (rijst - maïs...)
DEEGWAREN - PEULVRUCHTEN
• 9 tot 17 delen

WATER



Wat Wanneer Hoeveel Mag Een Diabeet Eten

G. Kreugel



Wat Wanneer Hoeveel Mag Een Diabeet Eten:

Diabetes type 2 omkeren Servaas Bingé, 2025-06-11 Maar liefst 90 procent van de mensen met diabetes heeft diabetes type 2 Toch blijft de kennis over deze wijdverspreide aandoening vaak beperkt Wist je bijvoorbeeld dat diabetes type 2 in veel gevallen te voorkomen of zelfs om te keren is simpelweg door een gezondere leefstijl In deze toegankelijke e book reeks deelt leefstijlarts Servaas Bing zijn inzichten uit de praktijk Hij begeleidt je stap voor stap van het herkennen van de eerste symptomen en het stellen van een juiste diagnose tot de behandeling n preventie van diabetes type 2 Je ontdekt onder meer welke rol suiker en vet spelen bij de ontwikkeling van diabetes type 2 hoe je ernstige complicaties zoals zenuwbeschadiging kunt voorkomen welke voedingsmiddelen je beter voorgoed uit je keuken bant n hoe je ook de rest van je levensstijl duurzaam aanpast Zo biedt dit e book heldere informatie voor mensen die zelf met de aandoening leven maar ook voor naasten die beter willen begrijpen wat er speelt *Diabetes voor Dummies* Sarah Jarvis, 2005 Medische en praktische informatie voor patiënten

Leven met diabetes mellitus type 2 P.G.H. Janssen, M.J.P. van Avendonk, 2009-03-21 Werd er vroeger nog vrij laconiek gesproken over diabetes type 2 de zogenoemde ouderdomssuiker langzamerhand beginnen de alarmbellen te rinkelen Want diabetes type 2 is helemaal niet zo onschuldig als veel mensen denken en is als een epidemie aan het oprukken onder ouderen en jongeren In dit boek komen diverse aspecten van diabetes type 2 aan bod Want wat is de oorzaak kan het voorkomen worden of genezen wat gebeurt er allemaal nadat de diagnose is gesteld wat is het risico op complicaties Maar ook hoeveel invloed heeft diabetes op de omgeving Gelukkig zijn er tegewoondig veel manieren om diabetes goed te reguleren waardoor problemen zich steeds minder vaak voordoen **Bitterzoet. Omgaan met diabetes** Jet van Eeghen, 2005 Wat doet diabetes met je leven Aan welke regels moet je je houden Wat verandert er op sociaal vlak Verder wordt ingegaan op aspecten van het dagelijkse leven als werk en uitgaan vakantie verzekeringen zwangerschap en sport *Voeten en diabetes* M. van Putten, 2008-11-05 Medische en praktische informatie over voetklachten bij diabetes en de preventie en behandeling daarvan Voeding bij diabetes mellitus Karin Linden, 2015-01-13 Hoewel de voedingsadviezen bij diabetes aan allochtone Nederlanders in principe niet afwijken van die aan autochtone Nederlanders verdient de begeleiding andere aandachtspunten Dit boekje geeft achtergrond informatie over de sociaal culturele achtergronden en voedingsgewoonten van Turkse Marokkaanse en Hindoestaanse bevolkingsgroepen Het biedt aanwijzingen voor een gedegen dieetadvisering en suggesties voor het werken met hulpmiddelen die voedingsvoorlichting aan deze doelgroepen kunnen verbeteren zoals brochures video's en fotoboeken in de eigen taal **Brinkman's catalogus van boeken en tijdschriften**, 1989 With 1901 1910 1956 1960 Repertorium is bound Brinkman's Titel catalogus van de gedurende 1901 1910 1956 1960 Title varies slightly De meest gestelde vragen over Diabetes en zelfcontrole G. Kreugel, 2011-02-01 Om een goede diabetesregulatie te krijgen is het essentieel om regelmatig de bloedglucosewaarden te meten Want hoe cliché het misschien ook klinkt meten weten Alleen op basis van bloedglucosemetingen kan op tijd actie ondernomen worden Maar hoe maakt u

een keuze voor bloedglucosemeter Het aanbod aan meters is immers erg groot En welk bloedprikapparaat past het beste bij u Als u dan eenmaal een keuze heeft gemaakt waar moet u dan op letten bij een bloedglucosemeting Hoe zit het met hygiëne en verschillende meetplaatsen Dit boek helpt u om de bloedglucosemeter en bloedprikapparaat te kiezen die bij u passen en geeft u diverse tips en adviezen om een meting zo goed mogelijk uit voeren Ook leest u ervaringsverhalen van mensen die op verschillende manieren en met verschillende meters hun bloedglucosewaarden zo stabiel mogelijk proberen te houden De informatie in dit boekje helpt u verder bij de keuze van een nieuwe meter maar ook dat u weet wat het belang is van het correct uitvoeren van de glucosemeting Dit kan de diabetesregulatie ten goede komen De meest gestelde vragen over bloedglucosemeters en zelfcontrole is samengesteld door Gillian Kreugel Zij is diabetesverpleegkundige in het Universitair Medisch Centrum Groningen

Diabetes. Over diagnose, behandeling en veelvoorkomende complicaties J.W.F. Elte, 2002 Veelzijdig populair overzicht van alle facetten van diabetes bestemd voor patiënten en hun omgeving

Voeten en diabetes Margreet van Putten, 2018-03-24 Het boek Voeten en Diabetes is inmiddels aan de 4e druk toe Arts onderzoeker Margreet van Putten heeft de tekst volledig herzien mede naar aanleiding van het uitkomen van de Richtlijn Diabetische Voet 2017 Het boek De diabetische voet en de Sims classificatie is volledig ingevoegd in deze versie van Voeten en Diabetes Daarmee geeft dit boek een compleet overzicht over de voetproblemen van mensen met diabetes Elke voetzorgprofessional en andere zorgprofessionals die de diabetische voet ter hand nemen zullen met veel interesse de nieuwe inhoud lezen Naast de belangrijke oorzaken van de diabetische risicovoet diabetische neuropathie en perifeer arterieel vaatlijden wordt een apart hoofdstuk besteed aan de Charcot voet Deze complicatie van diabetische neuropathie geeft een zeer hoog risico op een wond ulcus en moet door iedere voet zorgprofessional herkend worden Dit geldt ook voor de gevolgen van mechanische stress druk en wrijving en wat dit teweeg kan brengen aan schade aan voeten van mensen met diabetes De Sims classificatie en het bepalen van het risico op een ulcus wordt eveneens uitgebreid besproken Nieuw in dit boek is de aandacht voor de risico's van mechanische stress en wat een pre ulcus is en het voorkomen van ulcera door de juiste preventieve maatregelen Uitgebreid wordt ingegaan op wanneer er een gevaar is voor het ontstaan van een ulcus en wanneer niet en het geven van voorlichting en educatie Tot slot is op veler verzoek een apart hoofdstuk besteed aan ulcera en het herkennen daarvan Het boek Voeten en Diabetes zou niet compleet zijn zonder de protocollen het formulier om de Sims classificatie te bepalen en de vele sprekende foto's Margreet van Putten is expert op het gebied van preventie van diabetische voetulcera en zet zich hier al jarenlang voor in Met dit boek hoopt zij een nieuwe bijdrage te leveren aan de verdere professionalisering van de voetzorg

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