



**CARBOHYDRATE
 DIARY**



I am a diabetic

If I am unwell please give me sugar – eg 2 of the glucose tablets I am carrying or sweets or a sugary drink. If I am unconscious, please don't give me anything. Just call a doctor or ambulance.


- | | |
|----------------------------|----------------------------|
| F J'ai le diabete | D Ich habe Diabetes |
| I lo ho il diabete | P Eu Tenho Diabetes |
| E Yo tengo diabetes | S Jag har diabetes |
| GR Εχω διαβητή | TR Seker hastasiyim |

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