



**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.


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

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