

रगत चीनी परीक्षण कदम
Blood Sugar Testing Steps

कदमः
Steps

1.



2.



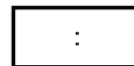
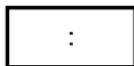
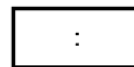
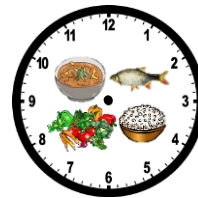
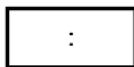
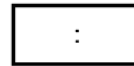
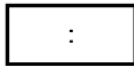
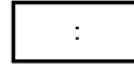
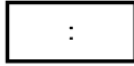
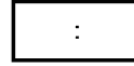
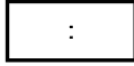
3.



4.



5.





स्वास्थ्य खाने र रगत चिनी जाँच्ने
 कदमहरू
Eating Healthy and Blood Sugar Testing Steps







Nepali



स्वस्थ खाना
Healthy Food

<p>दाल भात तरकारी Dal bhat</p> 
<p>भाग आकार Portion Size: 1/3 cup</p> 
<p>करी Curry</p> 
<p>भाग आकार Portion Size: 1 cup</p> 
<p>चामल र दाल Rice and Lentils</p> 
<p>भाग आकार Portion Size: 1/3 cup</p> 
<p>मासु र माछा Meat and Fish</p> 
<p>भाग आकार Portion Size: माछा र मासुको भागमा कुनै सीमा छैन There is no limit on the portion of meat and fish.</p>

स्वस्थ खाना
Healthy Food

<p>फलफूलहरु Fruits</p> 
<p>भाग आकार Portion Size: 1/2 cup</p> 

<p>भाग आकार Portion Size: 1 cup</p> 
<p>तरकारी Vegetables</p> 
<p>भाग आकार Portion Size: 1/2 cup</p> 
<p>भाग आकार Portion Size: यी तरकारीहरु मा कुनै सीमा छैन There is no limit on these vegetables.</p>

अस्वस्थ खाना
Unhealthy Food

सोडा Soda	
रस Juice	
कैंडी Candy	
कुकीहरु Cookies	
केक Cake	
चिनी Sugar	