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(American Diabetes Association)

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(1).

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. () . *About Hypoglycemia (Low Blood Sugar)* (<https://sandbox18.mskcc.org/cancer-care/patient-education/about-hypoglycemia-low-blood-sugar>) .

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1. 3g
가 “ ” (2).

2.

2.

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- $\frac{3}{4} \sim 1$.
- $\frac{1}{2}$.
- 3 .
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- 2가 1가 .
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“ ” (2). 45 ~ 50 .

1 : .

2 : .

3 : (1) .

4 : 1 (3). 1 .1 .

. Cheerios™ 1 1 (3, 4).

3: Cheerios

3. Cheerios

4: 1%

4. 1%

Cheerios : **29 g**
1% : **12 g**
29 g + 12 g = 41 g

Cheerios 1% 41 g . 1 Cheerios 1½ (32 g) 1% 1 . Cheerios

1 가 . .

- “1 ” (g) . 1 (5).
- “ ” (g) 1 (5).

5.

5.

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가 () . 가 . www.CalorieKing.com, www.MyFitnessPal.com

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가 (<https://sandbox18.mskcc.org/ko/cancer-care/patient-education/eating-well-during-your-treatment>) .

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Managing Nausea and Vomiting (<https://sandbox18.mskcc.org/cancer-care/patient-education/nausea-and-vomiting>) .

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Managing Taste Changes During Chemotherapy (<https://sandbox18.mskcc.org/cancer-care/patient-education/managing-taste-changes-during-chemotherapy>) .

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

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가 www.mskcc.org/pe 가 .

How To Improve Your Blood Sugar With Your Diet - Last updated on November 20, 2023
Memorial Sloan Kettering Cancer Center가

, 11 20, 2023