

Blood Glucose and Food Log

Name: _____

		Breakfast		Snack	Lunch		Snack	Dinner	
Date:	Food & Drinks (Include size of servings)	Total carbs: _____ g		Carbs: ___ g	Total carbs: _____ g		Carbs: ___ g	Total carbs: _____ g	
		Glucose	Before:	2 hrs after:		Before:	2 hrs after:		Before:

		Breakfast		Snack	Lunch		Snack	Dinner	
Date:	Food & Drinks (Include size of servings)	Total carbs: _____ g		Carbs: ___ g	Total carbs: _____ g		Carbs: ___ g	Total carbs: _____ g	
		Glucose	Before:	2 hrs after:		Before:	2 hrs after:		Before:

		Breakfast		Snack	Lunch		Snack	Dinner	
Date:	Food & Drinks (Include size of servings)	Total carbs: _____ g		Carbs: ___ g	Total carbs: _____ g		Carbs: ___ g	Total carbs: _____ g	
		Glucose	Before:	2 hrs after:		Before:	2 hrs after:		Before: