

# Food Diary & Blood Glucose Log

|                                   | Food Consumed<br>(Using as much detail as possible) | Total Grams of<br>Carbohydrates | Blood Glucose<br>2 Hours Later<br>(goal < 140mg/dl) |
|-----------------------------------|---|---------------------------------|---|
| <b>Fasting Blood<br/>Glucose:</b> |   |                                 |   |
| Breakfast                         |   |                                 |   |
| Snack                             |   |                                 |   |
| Lunch                             |   |                                 |   |
| Snack                             |   |                                 |   |
| Dinner                            |   |                                 |   |
| Snack                             |   |                                 |   |
| <b>Fasting Blood<br/>Glucose:</b> |   |                                 |   |
| Breakfast                         |   |                                 |   |
| Snack                             |   |                                 |   |
| Lunch                             |   |                                 |   |
| Snack                             |   |                                 |   |
| Dinner                            |   |                                 |   |
| Snack                             |   |                                 |   |