

DIABETIC FOOD LOG

DATE:
WEIGHT:
SLEEP:
WATER:

Glycemic index (GI)
Glycemic load (GL)
Calories (kcal)
Carbs (g)
Total sugar (g)
Added sugar (g)
Protein (g)
Fiber (g)
Sodium (g)
Fat (g)

BREAKFAST	TIME:	INSULIN:	BEFORE:	AFTER:
TOTALS				

LUNCH	TIME:	INSULIN:	BEFORE:	AFTER:
TOTALS				

DINNER	TIME:	INSULIN:	BEFORE:	AFTER:
TOTALS				

SNACK	TIME:	INSULIN:	BEFORE:	AFTER:
TOTALS				
GRAND TOTALS				

VITAMIN/SUPPLEMENT/MEDS

PHYSICAL ACTIVITY

NOTES