

# FOOD DIARY & BLOOD GLUCOSE LOG

| Fasting Blood Glucose: _____ | Food Consume<br>(using as much detail as possible) | Total Grams of Carbohydrates | Blood Glucose 2 hours later<br>(goal <140mg/dl) |
|------------------------------|--|------------------------------|---|
| Breakfast                    |  |                              |   |
| Snacks                       |  |                              |   |
| Lunch                        |  |                              |   |
| Snacks                       |  |                              |   |
| Dinner                       |  |                              |   |
| Snacks                       |  |                              |   |

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| Lunch                        |  |                              |   |
| Snacks                       |  |                              |   |
| Dinner                       |  |                              |   |
| Snacks                       |  |                              |   |