

# Diabetic Food Log

	Food Consumed (using as much detail as possible)	Total Grams of Carbohydrates	Blood Glucose 2 Hours Later (goal <140mg / dl)
fasting Blood Glucose:_____			
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
fasting Blood Glucose:_____			
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			