

Food Diary & Sugar Blood Glucose Log

| | Food Consumed <small>(using as much detail as possible)</small> | Total Grams of Carbohydrates | Blood Glucose 2 Hours later <small>(goal < 140mg/dl)</small> |
|--------------------------------|--|---------------------------------|---|
| Fasting Blood Glucose: ____ | | | |
| Breakfast | | | |
| Snack | | | |
| Lunch | | | |
| Snack | | | |
| Dinner | | | |
| Snack | | | |
| Fasting Blood Glucose: ____ | | | |
| Breakfast | | | |
| Snack | | | |
| Lunch | | | |
| Snack | | | |
| Dinner | | | |
| Snack | | | |