

Diabetic Nutrition Tracker

Breakfast

Food / Drink:
Portion Size:
Carbohydrates (g):
Protein (g):
Sugar (g):
Fiber (g):

Snack

Food / Drink:
Portion Size:
Carbohydrates (g):
Sugar (g):

Daily Totals

Total Carbohydrates (g):
Total Protein (g):
Total Sugar (g):
Total Fiber (g):

Lunch

Food / Drink:
Portion Size:
Carbohydrates (g):
Protein (g):
Sugar (g):
Fiber (g):

Snack

Food / Drink:
Portion Size:
Carbohydrates (g):
Sugar (g):

Blood Glucose Monitoring

Before Breakfast:
After Breakfast:
Before Lunch:
After Lunch:
Before Dinner:
After Dinner:

Dinner

Food / Drink:
Portion Size:
Carbohydrates (g):
Protein (g):
Sugar (g):
Fiber (g):

Snack

Food / Drink:
Portion Size:
Carbohydrates (g):
Sugar (g):

Notes (Energy, cravings, symptoms)