

Diabetic Diet Log

Time	Meal	Food & Drink	Portion Size	Blood Sugar Before	Blood Sugar After	Water Intake
	Breakfast					
	Morning Snack					
	Lunch					
	Afternoon Snack					
	Dinner					
	Evening Snack					

Daily Notes

- Ate balanced meals
- Limited sugary foods
- Drank enough water
- Checked blood sugar
- Ate vegetables and protein
- Avoided sugary drinks