

# Blood Sugar & Food Intake Log

Week 1

DATE	Before Bfast Blood Sugar	Breakfast Foods Eaten	2 hr After Blood Sugar	Before Lunch Blood Sugar	Lunch Foods Eaten	2 hr After Blood Sugar	Snack Foods Eaten	Before Supper Blood Sugar	Supper Foods Eaten	2 hr After Blood Sugar	Snack Foods Eaten	Before Bed Blood sugar

- Eat your typical meal and **write down everything you eat & drink in the highlighted boxes**
- Estimate the amount you eat (ex. 1 fist of potato or ½ cup milk)
- Checking sugars before and after will let us know if any adjustments need to be made to your medication/insulin or food choices**

# Blood Sugar & Food Intake Log

Week 2

DATE	Before Bfast Blood Sugar	Breakfast Foods Eaten	2 hr After Blood Sugar	Before Lunch Blood Sugar	Lunch Foods Eaten	2 hr After Blood Sugar	Snack Foods Eaten	Before Supper Blood Sugar	Supper Foods Eaten	2 hr After Blood Sugar	Snack Foods Eaten	Before Bed Blood sugar

- Eat your typical meal and **write down everything you eat & drink in the highlighted boxes**
- Estimate the amount you eat (ex. 1 fist of potato or ½ cup milk)
- Checking sugars before and after will let us know if any adjustments need to be made to your medication/insulin or food choices**