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

O 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)

O 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 1

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

O 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