

DAILY FOOD DIARY

Pre- and post-meal blood sugar measurements are optional, but they can help show you how your meals affect your blood sugar levels.

DATE:				
PRE-MEAL BLOOD SUGAR	MEAL	CARBOHYDRATES	2-HOUR POST-MEAL BLOOD SUGAR	NOTES
		TOTAL=		
PRE-MEAL BLOOD SUGAR	MEAL	CARBOHYDRATES	2-HOUR POST-MEAL BLOOD SUGAR	NOTES
		TOTAL=		
PRE-MEAL BLOOD SUGAR	MEAL	CARBOHYDRATES	2-HOUR POST-MEAL BLOOD SUGAR	NOTES
		TOTAL=		