

Daily Food Record

Date: _____	Date: _____
Breakfast (time):	Breakfast (time):
Blood Glucose: _____ Insulin: _____	Blood Glucose: _____ Insulin: _____
How Much Food _____ Carbohydrate Choices/Grams _____	How Much Food _____ Carbohydrate Choices/Grams _____
_____	_____
_____	_____
_____	_____
_____	_____
Glucose (2 hour) _____	Glucose (2 hour) _____
Snack: _____	Snack: _____
Lunch(time):	Lunch(time):
Blood Glucose: _____ Insulin: _____	Blood Glucose: _____ Insulin: _____
How Much Food _____ Carbohydrate Choices/Grams _____	How Much Food _____ Carbohydrate Choices/Grams _____
_____	_____
_____	_____
_____	_____
_____	_____
Glucose (2 hour) _____	Glucose (2 hour) _____
Snack: _____	Snack: _____
Dinner(time):	Dinner(time):
Blood Glucose: _____ Insulin: _____	Blood Glucose: _____ Insulin: _____
How Much Food _____ Carbohydrate Choices/Grams _____	How Much Food _____ Carbohydrate Choices/Grams _____
_____	_____
_____	_____
_____	_____
_____	_____
Bedtime or 2 hour Glucose _____	Bedtime or 2 hour Glucose _____
Snack: _____	Snack: _____

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Date: _____	Date: _____
Breakfast (time):	Breakfast (time):
Blood Glucose: _____ Insulin: _____	Blood Glucose: _____ Insulin: _____
How Much Food _____ Carbohydrate Choices/Grams _____	How Much Food _____ Carbohydrate Choices/Grams _____
_____	_____
_____	_____
_____	_____
_____	_____
Glucose (2 hour) _____	Glucose (2 hour) _____
Snack: _____	Snack: _____
Lunch(time):	Lunch(time):
Blood Glucose: _____ Insulin: _____	Blood Glucose: _____ Insulin: _____
How Much Food _____ Carbohydrate Choices/Grams _____	How Much Food _____ Carbohydrate Choices/Grams _____
_____	_____
_____	_____
_____	_____
_____	_____
Glucose (2 hour) _____	Glucose (2 hour) _____
Snack: _____	Snack: _____
Dinner(time):	Dinner(time):
Blood Glucose: _____ Insulin: _____	Blood Glucose: _____ Insulin: _____
How Much Food _____ Carbohydrate Choices/Grams _____	How Much Food _____ Carbohydrate Choices/Grams _____
_____	_____
_____	_____
_____	_____
_____	_____
Bedtime or 2 hour Glucose _____	Bedtime or 2 hour Glucose _____
Snack: _____	Snack: _____