

Daily Diabetes Food and Glucose Log

Date or Day of week:			
		Food and Drink (include amount)	Carbohydrates
Breakfast			
	Time:		
Snack:			
Lunch			
	Time:		
Snack:			
Dinner			
	Time:		
Snack:			

Date or Day of week:		Fasting Blood Glucose:	
		Food and Drink (include amount)	Carbohydrates
Breakfast			
	Time:		
Snack:			
Lunch			
	Time:		
Snack:			
Dinner			
	Time:		
Snack:			

BLOOD SUGARS						
DATE	fasting	after breakfast	before lunch	after lunch	before dinner	after dinner

Talk to your doctor about how often, and when, to test your blood sugar levels.