

Food Diary & Blood Glucose Log

	Food Consumed (using as much detail as possible)	Total Grams of Carbohydrates	Blood Glucose 2 Hours Later (goal < 140mg/dl)
Fasting Blood Glucose: _____			
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Fasting Blood Glucose: _____			
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			

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