

FOOD DIARY

My target blood sugar ranges: _____ mg/dL to _____ mg/dL

_____ mg/dL BEFORE meals

_____ mg/dL 2 HOURS AFTER meals

WEEK OF ____/____/____ to ____/____/____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Blood Sugar Level	Fasting:	Fasting:	Fasting:	Fasting:	Fasting:	Fasting:	Fasting:
BREAKFAST							
Blood Sugar Level	Post Meal:	Post Meal:	Post Meal:	Post Meal:	Post Meal:	Post Meal:	Post Meal:
LUNCH							
Blood Sugar Level	Pre Meal: Post Meal:	Pre Meal: Post Meal:	Pre Meal: Post Meal:	Pre Meal: Post Meal:	Pre Meal: Post Meal:	Pre Meal: Post Meal:	Pre Meal: Post Meal:
SNACK							
Blood Sugar Level	Pre Meal: Post Meal:	Pre Meal: Post Meal:	Pre Meal: Post Meal:	Pre Meal: Post Meal:	Pre Meal: Post Meal:	Pre Meal: Post Meal:	Pre Meal: Post Meal:
DINNER							
Blood Sugar Level	Pre Meal: Post Meal:	Pre Meal: Post Meal:	Pre Meal: Post Meal:	Pre Meal: Post Meal:	Pre Meal: Post Meal:	Pre Meal: Post Meal:	Pre Meal: Post Meal:
NOTES							