

## Diabetes Food and Blood Sugar Log

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Fasted							
BREAKFAST							
2 hr after eating							
(Snack)							
Before Lunch							
LUNCH							
2 hr after eating							
(Snack)							
Before Supper							
SUPPER							
2 hr after eating							
Bedtime							

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**Before meal: 4 - 6 mmol/L**

**2 hours after meal targets: 5 - 8 mmol/L**

## Diabetes Food and Blood Sugar Log

How to write a food Diary:

1. Eat the way you would normally eat. Do not change your eating habits. Write down everything that you eat and drink.
2. Write things down right after you eat
3. Write down the amount of food you ate. Be specific such as 1 cup or 250 mL of Honey Nut Cheerios with ½ cup or 125 mL of 2% Milk.
4. Details Count! Describe the food in as much detail as you can.
  - a. Include brand names as appropriate
  - b. Describe the cooking method
  - c. Use measuring cups and spoons or a scale whenever possible
  - d. Include the extra items added to the food such as sugar, cream, salt or sauces

Helpful Tools

- Set of dry measuring cups and spoons for solid items such as cereal
- Liquid measuring cup for liquids such as milk
- Food labels
- Restaurant guides

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Fasting</b>	14.2	7.7	7.4	8.7	8.3
<b>BREAKFAST</b>	2 pc toast 1 <u>tbsp</u> peanut butter ½ cup orange juice coffee	2 pc toast 1 <u>sl</u> of cheese 1 orange Coffee	Toasted bagel Butter Coffee	Special K Flat bread morning sandwich 1 banana Coffee	1 pc toast Butter 1 pc cheese ½ cup orange juice
<b>2 hrs after eating</b>	4.6	8.4	10.8	12.6	11.7
<b>Snack</b>	apple	banana			Granola bar
<b>Before lunch</b>	6.6	5.8	8.3	7.7	3.6
<b>LUNCH</b>	Turkey wrap with cheese; tomato; mayo 1 orange	Grilled cheese sandwich Carrots Pineapple	Wrap Ham/cheese/tomato/ mayo 1 apple	Wrap Apple Cheese Tomato Mayo	2 hard shell tacos 4 <u>tbsp</u> beef 2 <u>tbsp</u> cheese Mixed berries
<b>2 hrs after eating</b>	17.2	15.6	2.1	13.4	6.9
<b>Snack</b>	2 slices of pineapple		2 pc cheese and crackers		
<b>Before Supper</b>	11.6	11.8	9.7	3.9	11.3
<b>SUPPER</b>	BBQ steak 1 small potato 1 cup steam veggies	1 pc ham ½ cup mashed potatoes salad	1 pancake 2 pc bacon ½ cup mixed berries	1 cup pasta ½ cup sauce with chicken Salad 1 pc garlic toast	1 pc pizza 2 chicken wings Carrots/celery/cucumber ½ mango
<b>2 hrs after eating</b>	8.4	8.3	7.2	5.4	9.7
<b>BEDTIME</b>	4.5	6.3	7.0	6.3	9.2

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**Before meal: 4 - 6 mmol/L**

**2 hours after meal targets: 5 - 8 mmol/L**