



Diabetes Food Chart & Blood Sugar Record

Dates _____ through _____

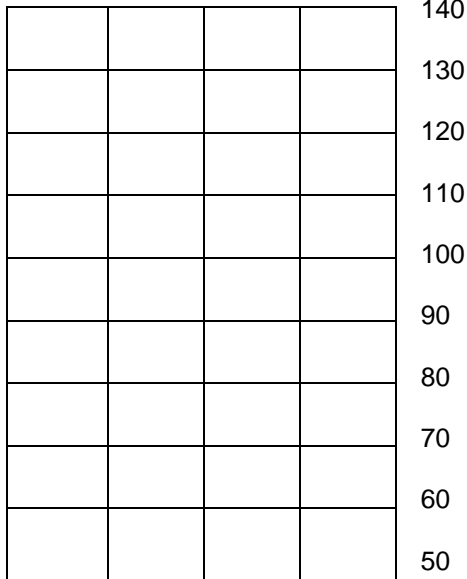
Name:

Daily Food _____ Diary for Date _____

Food Group	Food Name and Amount
Breakfast	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
Comments	
Snack	
Lunch	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
Comments	
Snack	
Dinner	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
Comments	
Snack	

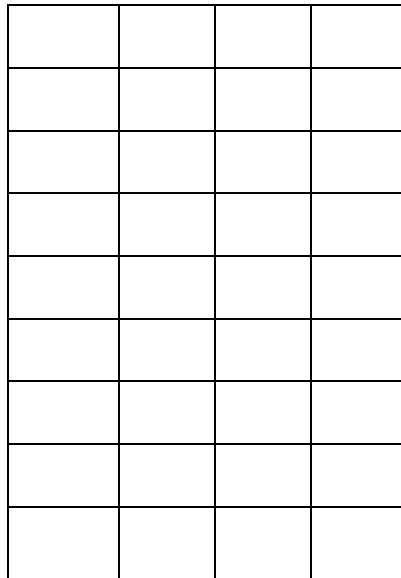
Blood Sugar Level Flow Chart

Date _____

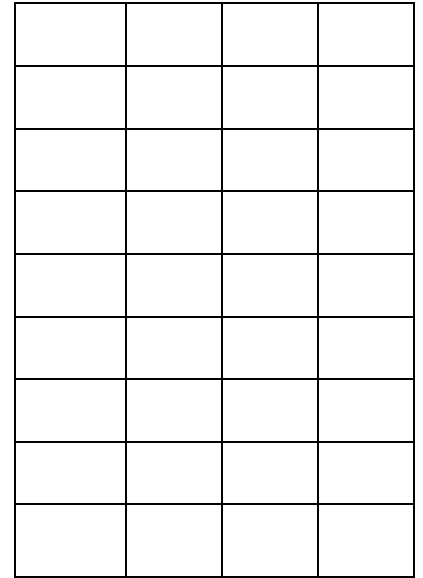


8:45 AM 12:30 PM 7:15 PM 10:30PM

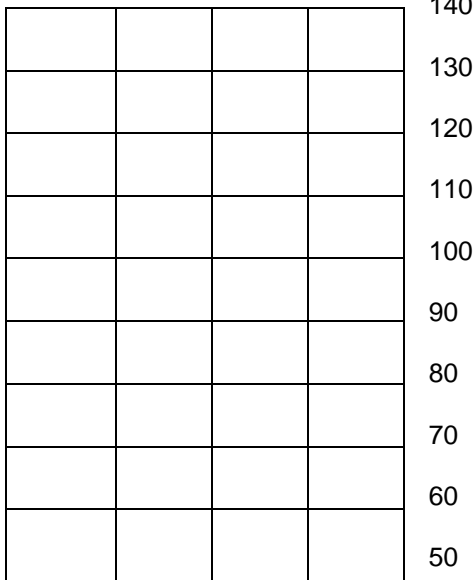
Date _____



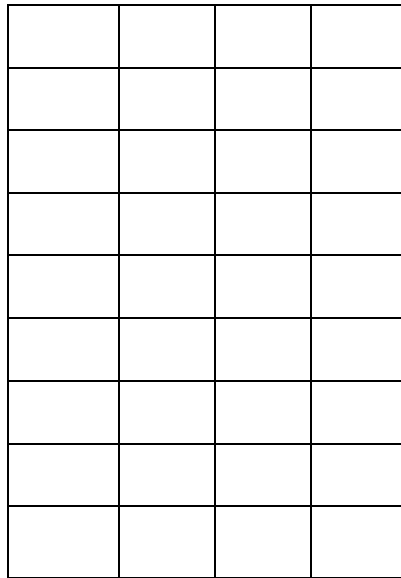
Date _____



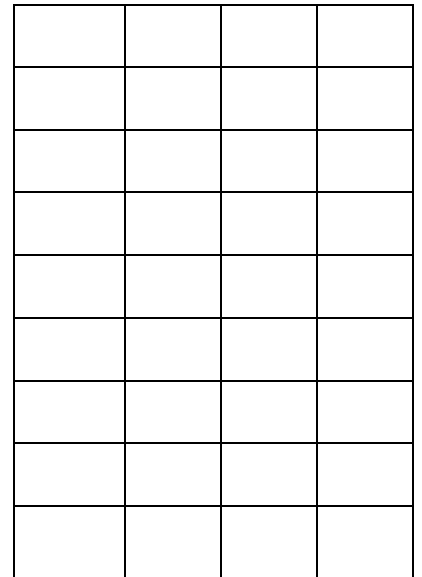
Date _____



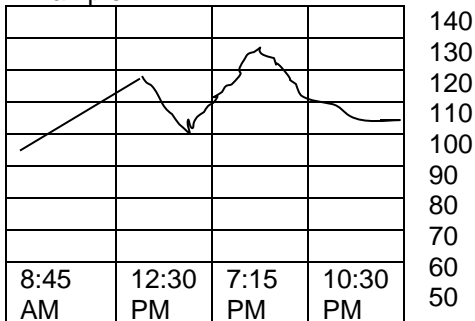
Date _____



Date _____



Example



- These graphics are to assist you in monitoring your blood sugar levels and their fluctuation daily.
- The numbers on the graph represent the level of your daily blood sugar levels.
- These charts assist you in understanding what you are consuming and how it is affecting your blood sugar levels. It also assists you in calculating where your blood sugar levels are at any given time.