## **Healen Arts Acupuncture Wellness Studio, LLC**



## Diabetes Food Chart & Blood Sugar Record

Dates	_ through
	•

Name:

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Feb 16, 06	8:45 AM	Fasting level 100.						
	12:30 PM	120, I have not eaten since breakfast this morning.						
Date	Time	Blood Sugar Level Comments						
	1							

This chart will assist you in maintaining the type of foods you are consuming on each day and the time you are consuming them. This chart will allow you to place four different times a day for one month.

## **Example**

Daily Food _	Diary for Date	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				Date					Date				
				140					]				
				130									
				120									
				110									
				100									
				90									
				80									
				70						_			
				60									
				50									
8:45 AM 1	12:30 PM 7	':15 PM 10	):30PM		Date		1	1	1	Date			
Date				4.40	Date		<u> </u>		1 _	Dale _			
				140									
				130									
				120									
				110									
				100									
				90					-				
				80					-				
				70									
				60					_				
				50									
Example	е				•	These	e granhi	ics are to	o ass	sist von	in mon	itoring	vour
				140 130 120 110 100 90	•	blood The idaily These	l sugar numbers blood s e charts	levels and some the sugar level assist y	nd the graph yels.	neir fluc oh repre n unders	tuation sent the standing	daily. e level of	of your
				80 70		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.							
8:45 AM	12:30 PM	7:15 PM	10:30 PM	60 50									