



## Blood Glucose & Food Log

		Breakfast		Snack	Lunch		Snack	Dinner	
<b>Date:</b>	Food & Drinks (include size of servings)	Total carbs: _____ g		Carbs: __g	Total carbs: _____ g		Carbs: __g	Total carbs: _____ g	
	Glucose	Before:	2 hrs after:		Before:	2 hrs after:		Before:	2 hrs after:
<b>Date:</b>	Food & Drinks (include size of servings)	Total carbs: _____ g		Carbs: __g	Total carbs: _____ g		Carbs: __g	Total carbs: _____ g	
	Glucose	Before:	2 hrs after:		Before:	2 hrs after:		Before:	2 hrs after:
<b>Date:</b>	Food & Drinks (include size of servings)	Total carbs: _____ g		Carbs: __g	Total carbs: _____ g		Carbs: __g	Total carbs: _____ g	
	Glucose	Before:	2 hrs after:		Before:	2 hrs after:		Before:	2 hrs after:

**Blood glucose goals:**

- Before meals – 70-130
- 2 hours after meals – under 180

Call your Care Management team if you have high or low glucose levels frequently.