Food and Blood Glucose Diary – For Testing After Meals

Blood glucose goal:

■ Before meal: <120   ■ 2 hours after meal: <180

Name: _____

		BLOOD GLUCOSE				FOOD DIARY				ACTIVITY & NOTES
Date		**Before:** B	**2 Hours After:** B	L	D	**Breakfast**	**Lunch**	**Dinner**	**Snack**	
	■ Time									
	■ Result									
	■ Med.									
	■ Time									
	■ Result									
	■ Med.									
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	■ Med.									
	■ Time									
	■ Result									
	■ Med.									
Blood Glucose Averages=										

To determine averages:
Add the "result" figures in each down column, then divide by the number of result figures in that column.