

**FOOD AND SUGAR DIARY**

**Patient Name:**

**DOB:**

**DATE:**

**DATE:**

**DATE:**

Fasting blood sugar \_\_\_\_\_  
Insulin \_\_\_\_\_

Fasting blood sugar \_\_\_\_\_  
Insulin \_\_\_\_\_

Fasting blood sugar \_\_\_\_\_  
Insulin \_\_\_\_\_

**\*Breakfast** \_\_\_\_\_

**\*Breakfast** \_\_\_\_\_

**\*Breakfast** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

1 hour after \_\_\_\_\_  
2 hours after \_\_\_\_\_  
Total grams \_\_\_\_\_

1 hour after \_\_\_\_\_  
2 hours after \_\_\_\_\_  
Total grams \_\_\_\_\_

1 hour after \_\_\_\_\_  
2 hours after \_\_\_\_\_  
Total grams \_\_\_\_\_

**\*Snack** \_\_\_\_\_

**\*Snack** \_\_\_\_\_

**\*Snack** \_\_\_\_\_

\_\_\_\_\_  
Total grams \_\_\_\_\_

\_\_\_\_\_  
Total grams \_\_\_\_\_

\_\_\_\_\_  
Total grams \_\_\_\_\_

**\*Lunch** \_\_\_\_\_

**\*Lunch** \_\_\_\_\_

**\*Lunch** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

1 hour after \_\_\_\_\_  
2 hours after \_\_\_\_\_  
Total grams \_\_\_\_\_

1 hour after \_\_\_\_\_  
2 hours after \_\_\_\_\_  
Total grams \_\_\_\_\_

1 hour after \_\_\_\_\_  
2 hours after \_\_\_\_\_  
Total grams \_\_\_\_\_

**\*Snack** \_\_\_\_\_

**\*Snack** \_\_\_\_\_

**\*Snack** \_\_\_\_\_

\_\_\_\_\_  
Total grams \_\_\_\_\_

\_\_\_\_\_  
Total grams \_\_\_\_\_

\_\_\_\_\_  
Total grams \_\_\_\_\_

**\*Dinner/Supper** \_\_\_\_\_

**\*Dinner/Supper** \_\_\_\_\_

**\*Dinner/Supper** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

1 hour after \_\_\_\_\_  
2 hours after \_\_\_\_\_  
Total grams \_\_\_\_\_

1 hour after \_\_\_\_\_  
2 hours after \_\_\_\_\_  
Total grams \_\_\_\_\_

1 hour after \_\_\_\_\_  
2 hours after \_\_\_\_\_  
Total grams \_\_\_\_\_

**\*Snack** \_\_\_\_\_

**\*Snack** \_\_\_\_\_

**\*Snack** \_\_\_\_\_

\_\_\_\_\_  
Total grams \_\_\_\_\_

\_\_\_\_\_  
Total grams \_\_\_\_\_

\_\_\_\_\_  
Total grams \_\_\_\_\_