

# Food and Blood Sugar Diary

	Carbs:		Carbs:		Carbs:			
Fasting 90-130	Breakfast	2 hour < 160	Lunch	2 hour < 160		Dinner	2 hour < 160	
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								

What factors are affecting your blood sugar results?

Foods:

Drinks:

Other Factors: