

Prenatal Food and Blood Sugar Diary

Carbs:

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Fasting 70-90	Breakfast	2 hour < 120	Lunch	2 hour < 120		Dinner	2 hour < 120	
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
Sun								

What factors are affecting your blood sugar results?

Foods:

Drinks:

Other Factors: