

# Diabetes: Tracking My Foods and Blood Sugar Levels

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

Write down what you eat over the next 5 days, using this sample day to make your record. Compare your diet before and after you begin following the diet for diabetes. You can include your blood sugar levels.

Day:	Breakfast	Lunch	Dinner	Snacks
	Morning blood sugar:	Noon blood sugar:	Evening blood sugar:	Bedtime blood sugar: