

Food and Blood Sugar Worksheet

Date	Fasting Blood Sugar	Breakfast & Snacks (Food and Time)	Grams of Carbs	2hr Blood Sugar	Before Lunch Blood Sugar	Lunch & Snacks (Food and Time)	Grams of Carbs	2 Hr Blood Sugar	Before Dinner Blood Sugar	Dinner & Snacks (Food and Time)	Grams of Carbs	2 Hr Blood Sugar	Bed-time Blood Sugar	Activity and Comments
		*Insulin Dose:				*Insulin Dose:				*Insulin Dose:				
		*Insulin Dose:				*Insulin Dose:				*Insulin Dose:				
		*Insulin Dose:				*Insulin Dose:				*Insulin Dose:				

Ideal Blood sugar goals: Before meals: 72-126 mg/dl 2 hours after meals: 90-180 mg/dl
 Your Target: Before meals _____ 2 hours after meals _____
 *When calculating the insulin dose: Add insulin base dose (B) + insulin correction dose (C) and subtract and decrease in insulin for activity (A)
 e.g.: (B+C-A)

How to Use the Food and Blood Sugar Worksheet

- Fill in each column as completely as possible. The information will help identify trends in your blood sugar.
- Use a separate row for each date.
- For each of the meal/snack columns, write down the time you ate as well as what you ate. Give as much detail as possible about portion sizes. See example below.
- Estimate the amount of carbohydrate you ate for the meal or snack. Use measuring cups and food labels when possible. If the product does not have a label, then check Calorie King and/or My Fitness Pal for helpful information. Use additional serving size and reading food labels worksheets for information.
- Test your blood sugar 2 hours after the first bite of food. Write down the result.

When recording your insulin dose, include the following information:

- The dose of rapid insulin you took for carbohydrate (base dose) + the dose of rapid insulin you took to correct a high blood sugar (correction dose). Make note of any change you made to the insulin dose for activity or other factors
- You may choose to complete the full sheet or just work on one meal at a time.
- Use the comment section for illness, stress, or anything that could change your blood sugar readings.

Example Record

Date	Fasting Blood Sugar	Breakfast & Snacks (Food and Time)	Grams of Carbs	2hr Blood Sugar	Before Lunch Blood Sugar	Lunch & Snacks (Food and Time)	Grams of Carbs	2 Hr Blood Sugar	Before Dinner Blood Sugar	Dinner & Snacks (Food and Time)	Grams of Carbs	2 Hr Blood Sugar	Bed-time Blood Sugar	Activity and Comments
		*Insulin Dose:				*Insulin Dose:				*Insulin Dose:				

Metric Conversion

1 tsp. = 5 mL
 1 tbsp = 15 mL
 1/2 cup = 125 mL
 3/4 cup = 175 mL
 1 cup = 250 mL