# Food and Blood Sugar Worksheet

<table>
<thead>
<tr>
<th>Date</th>
<th>Fasting Blood Sugar</th>
<th>Breakfast and Snacks (Food and Time)</th>
<th>Grams of Carbs</th>
<th>2 Hr Blood Sugar</th>
<th>Before Lunch Blood Sugar</th>
<th>Lunch and Snacks (Food and Time)</th>
<th>Grams of Carbs</th>
<th>2 Hr Blood Sugar</th>
<th>Before Supper Blood Sugar</th>
<th>Supper and Snacks (Food and Time)</th>
<th>Grams of Carbs</th>
<th>2 Hr Blood Sugar</th>
<th>Bedtime Blood Sugar</th>
<th>Activity</th>
<th>Comments</th>
</tr>
</thead>
</table>

**Ideal blood sugar goals:**
- Before meals: 4–7 mmol/L
- 2 hours after meals: 5–10 mmol/L
- Your target: before meals __________ 2 hours after meals __________

*When calculating the insulin dose: Add insulin for carbohydrate base dose (b) + insulin correction dose (c) and subtract any decrease in insulin for activity (a) e.g.: (b+c-a)
## How to Use the Food and Glucose Record

- 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 the 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 count 15 grams of carbohydrate for each serving of fruit, starch, or milk. Use the Beyond the Basics resource for information on the serving size.
- 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

<table>
<thead>
<tr>
<th>Date</th>
<th>Fasting Blood Sugar</th>
<th>Breakfast and Snacks (Food and Time)</th>
<th>Grams of Carbs</th>
<th>2 Hr Blood Sugar</th>
<th>Before Lunch Blood Sugar</th>
<th>Lunch and Snacks (Food and Time)</th>
<th>Grains of Carbs</th>
<th>2 Hr Blood Sugar</th>
<th>Before Supper Blood Sugar</th>
<th>Supper and Snacks (Food and Time)</th>
<th>Grains of Carbs</th>
<th>2 Hr Blood Sugar</th>
<th>Bedtime Blood Sugar</th>
<th>Activity</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 15</td>
<td>6.7</td>
<td>7:30 a.m.</td>
<td>12:30 p.m.</td>
<td>12:30 p.m.</td>
<td>6:30 p.m.</td>
<td>6.2</td>
<td>30</td>
<td>9.5</td>
<td>6.2</td>
<td>Sandwich with 2 slices white bread, 2 slices ham, Mustard, Margarine, 1 cup 1% milk, Carrot sticks * Insulin dose: 3 Rapid</td>
<td>30</td>
<td>8.4</td>
<td>12.5</td>
<td>None</td>
<td>Stressed at work</td>
</tr>
<tr>
<td></td>
<td>2 slices whole grain bread</td>
<td>2 tsp. margarine</td>
<td>15</td>
<td>15</td>
<td>15</td>
<td>15</td>
<td>15</td>
<td>15</td>
<td>15</td>
<td>1 small chicken breast, 1 cup mashed potato, 1 cup broccoli, 1/2 cup carrots, 3/4 cup sugar-free yogurt, 2 plain cookies * Insulin dose: 4 Rapid + 2 Rapid for correction</td>
<td>30</td>
<td>9.7</td>
<td>6.5</td>
<td>*Insulin dose: 20 NPH</td>
<td></td>
</tr>
</tbody>
</table>

### Metric Conversion

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

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please consult your doctor or appropriate healthcare professional.