

Food and Blood Sugar Worksheet

Date	Fasting Blood Sugar	Breakfast and Snacks (Food and Time)	Grams of Carbs	2 Hr Blood Sugar	Before Lunch Blood Sugar	Lunch and Snacks (Food and Time)	Grams of Carbs	2 Hr Blood Sugar	Before Supper Blood Sugar	Supper and Snacks (Food and Time)	Grams of Carbs	2 Hr Blood Sugar	Bedtime Blood Sugar	Activity	Comments
		* Insulin dose:				* Insulin dose:				* Insulin dose:			* Insulin dose:		
		* Insulin dose:				* Insulin dose:				* Insulin dose:			* Insulin dose:		
		* Insulin dose:				* Insulin dose:				* Insulin dose:			* Insulin dose:		
		* Insulin dose:				* Insulin dose:				* Insulin dose:			* Insulin dose:		

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

Date	Fasting Blood Sugar	Breakfast and Snacks (Food and Time)	Grams of Carbs	2 Hr Blood Sugar	Before Lunch Blood Sugar	Lunch and Snacks (Food and Time)	Grams of Carbs	2 Hr Blood Sugar	Before Supper Blood Sugar	Supper and Snacks (Food and Time)	Grams of Carbs	2 Hr Blood Sugar	Bedtime Blood Sugar	Activity	Comments
June 15	6.7	7:30 a.m. 2 slices whole grain bread 2 tsp. margarine 1 tbsp. jam 1 small banana 1 cup skim milk Coffee, black *Insulin Dose: 5 Rapid	30 15 15 15 <hr/> 75	9.5	6.2	12:30 p.m. Sandwich with 2 slices white bread, 2 slices ham Mustard Margarine 1 cup 1% milk Carrot sticks * Insulin dose: 3 Rapid	30 15 <hr/> 45	8.4	12.5	6:30 p.m. 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	30 15 <hr/> 60	9.7	6.5 *Insulin dose: 20 NPH	None	Stressed at work

Metric Conversion

- 1 tsp. = 5 mL
- 1 tbsp. = 15 mL
- ½ cup = 125 mL
- ¾ cup = 175 mL
- 1 cup = 250 mL