## Managing Your Blood Sugars Worksheet

### Before Meal Blood Sugars

**Breakfast**
- Keep doing what I’m doing.
- Do more before breakfast tests.
- Add/increase evening exercise.
- Have smaller evening snack.
- Have healthier evening snack.
- Take medicine regularly.
- Lower before bed blood sugars.
- See doctor for possible changes to medicine.

**Lunch**
- Keep doing what I’m doing.
- Do more before lunch tests.
- Add/increase morning exercise.
- Stop having morning snack.
- Have smaller morning snack.
- Have healthier morning snack.
- Have smaller/healthier breakfast.
- Take medicine regularly.
- See doctor for possible changes to medicine.

**Supper**
- Keep doing what I’m doing.
- Do more before supper tests.
- Add/increase afternoon exercise.
- Stop having afternoon snack.
- Have smaller afternoon snack.
- Have healthier afternoon snack.
- Have smaller/healthier lunch.
- Take medicine regularly.
- See doctor for possible changes to medicine.

**Evening snack/bedtime**
- Keep doing what I’m doing.
- Do more before bedtime tests.
- Add/increase evening exercise.
- Have smaller supper.
- Have healthier supper.
- Test before evening snack.
- Take medicine regularly.
- See doctor for possible changes to medicine.

**Other**
- ____________________________ .

### Before Sugars 2 hours after meal

**Breakfast**
- Keep doing what I’m doing.
- Test once in a while 2 hours after big or unusual meals.
- Exercise after the meal ____________________________ .
- Have smaller starch, fruit, milk, sweets portions (carbohydrate foods).
- Eat lower glycemic index foods (examples: stone-ground multigrain breads, converted rice, lentils, kidney beans, pasta, oatmeal, all bran, bran buds, fruit, milk, yogurt).
- If 2 hours after tests are often over 10 mmol/L, speak with doctor to see if the results need to be looked at.
- Take medicine regularly.

**Other**
- ____________________________ .