

NAME: _____

FOOD DIARY

- Record everything you eat and drink for 3 days before your appointment.
- Eat what you usually eat.
- Write the amount beside the food (eg. 1 cup Cheerios)
- Test blood glucose (BG) 4 times a day (before meals and before evening snack)

On one day test 2 hours after your biggest meal.

Day 1 Date:	Day 2 Date:	Day 3 Date:
Breakfast Time____ BG____ <div style="height: 100px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>	Breakfast Time____ BG____ <div style="height: 100px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>	Breakfast Time____ BG____ <div style="height: 100px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>
AM Snack Time____ <div style="height: 60px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>	AM Snack Time____ <div style="height: 60px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>	AM Snack Time____ <div style="height: 60px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>
Lunch Time____ BG____ <div style="height: 100px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>	Lunch Time____ BG____ <div style="height: 100px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>	Lunch Time____ BG____ <div style="height: 100px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>
Pm Snack Time____ <div style="height: 60px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>	Pm Snack Time____ <div style="height: 60px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>	Pm Snack Time____ <div style="height: 60px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>
Supper Time____ BG____ <div style="height: 100px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>	Supper Time____ BG____ <div style="height: 100px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>	Supper Time____ BG____ <div style="height: 100px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>
Evening Snack Time____ <div style="height: 60px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>	Evening Snack Time____ <div style="height: 60px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>	Evening Snack Time____ <div style="height: 60px; border: 1px solid black; position: relative;"> <div style="position: absolute; bottom: 10px; right: 10px; width: 40px; height: 20px; border: 1px solid black;"></div> </div>



Diabetes Education Centre

NAME: _____

Activity during the day Time _____	Activity during the day Time _____	Activity during the day Time _____
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