




Discovering Diabetes®

Food

Name: _____

Date	Fasting Blood Sugar (FBS)	 Breakfast foods eaten	1-2 hr blood sugar	Before lunch blood sugar	 Lunch foods eaten	1-2 hr blood sugar	Before supper blood sugar	 Supper foods eaten	
	Time:		Time:	Time:		Time:	Time:		
	MEDS			MEDS			MEDS		
	Time:		Time:	Time:		Time:	Time:		
	MEDS			MEDS			MEDS		
	Time:		Time:	Time:		Time:	Time:		
	MEDS			MEDS			MEDS		
	Time:		Time:	Time:		Time:	Time:		
	MEDS			MEDS			MEDS		
Diabetes Meds:					Instructions for using this "Discovery" record: <ul style="list-style-type: none"> At each meal, eat foods you enjoy in your normal serving size. W Estimate the carbohydrates in each meal and write it down. Test your blood sugar before and after eating to see if there is Write the time of each test so you can compare the blood sugar Keep notes of activity, stress, or anything that could change you If you are having lows in the night or are up anyway, check a 3A Average the columns to see where the challenges are. <i>This know</i> 				
AVG									

Recommended blood sugar targets: before meals, <110 mg/dl (6.1 mmol)
2 hours after meals, less than 140 mg/dl (7.7 mmol)

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