

DIABETES MEAL PLAN AND BLOOD SUGAR RECORD

Date							
Medication							
Fasting							
Breakfast 1-2 serv. Carb 1 serv. Protein							
	Carb	Carb	Carb	Carb:	Carb	Carb:	Carb
Blood Sugar	1 or 2 hrs	1 or 2 hrs	1 or 2 hrs	1 or 2 hrs	1 or 2 hrs	1 or 2 hrs	1 or 2 hrs
Snack 1 serv. Carb 1 serv. Protein							
Pre-meal BS							
Medication							
Lunch 3 serv. Carb 2-3 serv. Prot.							
	Carb	Carb	Carb	Carb	Carb	Carb	Carb
Blood Sugar	1 or 2 hrs	1 or 2 hrs	1 or 2 hrs	1 or 2 hrs	1 or 2 hrs	1 or 2 hrs	1 or 2 hrs
Snack 1 serv. Carb 1 serv. Protein							
Pre-meal BS							
Medication							
Dinner 3 serv. Carb 3-4 serv. Prot.							
	Carb	Carb	Carb	Carb	Carb	Carb	Carb
Blood Sugar	1 or 2 hrs	1 or 2 hrs	1 or 2 hrs	1 or 2 hrs	1 or 2 hrs	1 or 2 hrs	1 or 2 hrs
Blood Sugar ★ Before Snack							
Snack 2 serv. Carb 1 serv. Protein							
Medication							
Exercise							

Medication Abbreviations:

G= Glyburide M= Metformin
H=Humalog insulin (short acting, clear)
N=NPH insulin (long acting, cloudy)
L= Lantus

1 serving of carbohydrate equals 15 grams

Upper Target Limits

Fasting blood sugar (FBS) < 90
1 hr after starting meals < 130
2 hr after starting meals < 120
Before bedtime snack < 120

1 serving of protein equals 7 grams

Reminders:

***Add up carbs for meal and record on log**

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