



## Food/ Glucose Diary Log

Print out several sheets of the food/ glucose logs (on page 2 & 3) so you can keep a record of your progress.

### Why monitoring your carbohydrate (carbs) intake is so important

Carbohydrates are the nutrient that has the greatest influence on blood sugar and A1C levels. While the type of carbohydrates you eat are important, the *amount* you eat has the greatest impact, because ALL carbohydrate foods you eat become sugar/glucose in the bloodstream.

### How many carbohydrates should you eat?

While it will vary from person to person, [research](#) shows that low carb diets are an effective option for blood sugar and A1C control. There are two general classifications of low carb:

- Very low carb (ketogenic) - under 20 grams per day, or below 10% intake of 2000 calorie diet.
- Low carb - under 120-130 grams per day, or below 25%-26% of total energy intake.

The sweet spot seems to be somewhere between 50 to 80 grams of carbohydrates per day, which is the range [our weekly meal plans](#) generally fall within.

### Blood glucose monitoring tips and tricks

Most people monitor 1-2 times daily – fasting (first thing in the morning) and 2 hours after the biggest meal. But there is wide variability on how often to monitor depending on the state of your diabetes and treatment. For after-meal (postprandial) blood sample, time from your first bite of food.

If you're newly diagnosed or trying to gain better control, it can be helpful to monitor more frequently so you can assess your progress and work on changing diet and lifestyle habits to support your goals. Another thing that is helpful with mealtimes is "monitoring in pairs." To monitor in pairs you check your levels before, then 2 hours after a meal. It's a great way to get an indication of the effect of foods and the amount of carbs you're consuming. Then you can make dietary adjustments as necessary.

### What are good blood sugar numbers?

Individual goals may vary. However, the aim is to try to bring your blood sugar levels down to, or as close to a "normal" range as possible. This is:

- Fasting: under 100 mg/dL or under 5.6 mmol/l, or up to 6 mmol/l by some organizations
- Two hours after meals: under 140 mg/dl or under 7.8 mmol/l

The most important thing is to log your numbers, so you and your healthcare team can make more informed decisions about your treatment plan, whether that be additional changes to your diet, lifestyle or medications where necessary.

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We help you enjoy life more while regulating blood sugar and A1c at the same time!

| Date             | Morning glucose: |           | Glucose readings |               |      |              |
|------------------|------------------|-----------|------------------|---------------|------|--------------|
| Breakfast meal   |                  | Carbs (g) | Time             | Before B'fast | Time | After B'fast |
|                  |                  |           |                  |               |      |              |
| Lunch meal       |                  | Carbs (g) | Time             | Before Lunch  | Time | After Lunch  |
|                  |                  |           |                  |               |      |              |
| Dinner meal      |                  | Carbs (g) | Time             | Before Dinner | Time | After Dinner |
|                  |                  |           |                  |               |      |              |
| Snack 1:         |                  | Carbs:    | Exercise:        |               |      |              |
| Snack 2:         |                  | Carbs:    | NOTES:           |               |      |              |
| Snack 3:         |                  | Carbs:    |                  |               |      |              |
| Bedtime glucose: |                  |           |                  |               |      |              |

| Date             | Morning glucose: |           | Glucose readings |               |      |              |
|------------------|------------------|-----------|------------------|---------------|------|--------------|
| Breakfast meal   |                  | Carbs (g) | Time             | Before B'fast | Time | After B'fast |
|                  |                  |           |                  |               |      |              |
| Lunch meal       |                  | Carbs (g) | Time             | Before Lunch  | Time | After Lunch  |
|                  |                  |           |                  |               |      |              |
| Dinner meal      |                  | Carbs (g) | Time             | Before Dinner | Time | After Dinner |
|                  |                  |           |                  |               |      |              |
| Snack 1:         |                  | Carbs:    | Exercise:        |               |      |              |
| Snack 2:         |                  | Carbs:    | NOTES:           |               |      |              |
| Snack 3:         |                  | Carbs:    |                  |               |      |              |
| Bedtime glucose: |                  |           |                  |               |      |              |

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# Blood Sugar Tracker

WEEK OF \_\_\_/\_\_\_/\_\_\_

| DAY       | SUNDAY<br>before   after | MONDAY<br>before   after | TUESDAY<br>before   after | WEDNESDAY<br>before   after | THURSDAY<br>before   after | FRIDAY<br>before   after | SATURDAY<br>before   after | SUNDAY<br>before   after |
|-----------|--------------------------|--------------------------|---------------------------|-----------------------------|----------------------------|--------------------------|----------------------------|--------------------------|
| Breakfast |                          |                          |                           |                             |                            |                          |                            |                          |
| Lunch     |                          |                          |                           |                             |                            |                          |                            |                          |
| Dinner    |                          |                          |                           |                             |                            |                          |                            |                          |
| Bedtime   |                          |                          |                           |                             |                            |                          |                            |                          |

WEEK OF \_\_\_/\_\_\_/\_\_\_

| DAY       | SUNDAY<br>before   after | MONDAY<br>before   after | TUESDAY<br>before   after | WEDNESDAY<br>before   after | THURSDAY<br>before   after | FRIDAY<br>before   after | SATURDAY<br>before   after | SUNDAY<br>before   after |
|-----------|--------------------------|--------------------------|---------------------------|-----------------------------|----------------------------|--------------------------|----------------------------|--------------------------|
| Breakfast |                          |                          |                           |                             |                            |                          |                            |                          |
| Lunch     |                          |                          |                           |                             |                            |                          |                            |                          |
| Dinner    |                          |                          |                           |                             |                            |                          |                            |                          |
| Bedtime   |                          |                          |                           |                             |                            |                          |                            |                          |

WEEK OF \_\_\_/\_\_\_/\_\_\_

| DAY       | SUNDAY<br>before   after | MONDAY<br>before   after | TUESDAY<br>before   after | WEDNESDAY<br>before   after | THURSDAY<br>before   after | FRIDAY<br>before   after | SATURDAY<br>before   after | SUNDAY<br>before   after |
|-----------|--------------------------|--------------------------|---------------------------|-----------------------------|----------------------------|--------------------------|----------------------------|--------------------------|
| Breakfast |                          |                          |                           |                             |                            |                          |                            |                          |
| Lunch     |                          |                          |                           |                             |                            |                          |                            |                          |
| Dinner    |                          |                          |                           |                             |                            |                          |                            |                          |
| Bedtime   |                          |                          |                           |                             |                            |                          |                            |                          |