

erie Blood sugar log

Track your blood sugar and the carbohydrates you eat to learn what foods keep your blood sugar in check and what foods to avoid. Food that contains 15 grams of carbohydrates is called “1 carb serving.”

Blood sugar goals: Fasting: 80–130 • 1 hour after a meal: Less than 180

	Date						
Fasting	Blood sugar level						
	Blood sugar level						
1 hour after breakfast	Food eaten						
	Total carbs (grams)						
	Blood sugar level						
1 hour after lunch	Food eaten						
	Total carbs (grams)						
	Blood sugar level						
1 hour after dinner	Food eaten						
	Total carbs (grams)						
	Blood sugar level						