

VANDERBILT DIABETES BLOOD GLUCOSE RECORD/FOOD DIARY

Patient Name:

Date:

Blood Glucose Test Results

| <u>Breakfast (time)</u> | <u>Lunch (time)</u> | <u>Dinner (time)</u> | <u>Bedtime (time)</u> |
|--------------------------------|----------------------------|-----------------------------|------------------------------|
| Before | Before | Before | Before |
| After | After | After | After |

Food Intake Diary

BREAKFAST : Food Item ,Carbohydrate (gms) and insulin units (if any)
Time:

LUNCH: Food Item, Carbohydrate(gms) and insulin units (if any)
Time:

DINNER: Food Item, Carbohydrate(gms) and insulin units(if any)
Time:

SNACKS: Food Item, Carbohydrate(gms) and insulin units (if any)