




Name _____

DISCOVERY SHEET: Food and Blood Glucose (BG) Record



Date	Before breakfast blood sugar	Breakfast foods eaten 	1 – 2 hour blood sugar	Before lunch blood sugar	Lunch foods eaten 	1 – 2 hour blood sugar	Before dinner blood sugar	Dinner foods eaten 	1 – 2 hour blood sugar	Bed time blood sugar	Other	Exercise and notes
	Time:		Time:	Time:		Time:	Time:		Time:	Time:		
	BG:		BG:	BG:		BG:	BG:		BG:	BG:		
	Time:		Time:	Time:		Time:	Time:		Time:	Time:		
	BG:		BG:	BG:		BG:	BG:		BG:	BG:		
	Time:		Time:	Time:		Time:	Time:		Time:	Time:		
	BG:		BG:	BG:		BG:	BG:		BG:	BG:		
	Time:		Time:	Time:		Time:	Time:		Time:	Time:		
	BG:		BG:	BG:		BG:	BG:		BG:	BG:		

Recommended Blood Glucose Targets : Before meals 4 – 7 mmol/L




1 – 2 hours after meals 5 – 10 mmol/L

Before to 2 hour after meal, the glucose rise should be within 2 – 4 mmol/L

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	Time:		Time:	Time:		Time:	Time:		Time:	Time:		
	BG:		BG:	BG:		BG:	BG:		BG:	BG:		
	Time:		Time:	Time:		Time:	Time:		Time:	Time:		
	BG:		BG:	BG:		BG:	BG:		BG:	BG:		
	Time:		Time:	Time:		Time:	Time:		Time:	Time:		
	BG:		BG:	BG:		BG:	BG:		BG:	BG:		
	Time:		Time:	Time:		Time:	Time:		Time:	Time:		
	BG:		BG:	BG:		BG:	BG:		BG:	BG:		

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