Name:

Eating healthy is a key part of managing your diabetes. Use this log to keep an eye on what you eat and how much.

Target blood sugar ranges

Fasting: ________  Before meal: ________  After meal: ________

Insulin to carb ratio: 1 unit insulin per ______ grams of carbohydrates

Correction factor: 1 unit insulin to lower blood sugar by _______ mg/dL

Correction dose: (Current BS - Target BS) ÷ (Correction factor)

My goal this week:

Diabetes does not mean you need to eat special foods. The key is to eat a healthy, balanced diet with foods that are low in salt, have healthy fats, and are high in fiber. Pick foods from all food groups to give your body the nutrients it needs. And cut down on portion sizes if you need to lose weight.

Tracking My Food

Patients Have Questions. We Have Answers.

Hormone Health Network is your trusted source for endocrine-related patient education. Our digital resources are available at hormone.org.