

Endocrinology & Diabetes Daily Food and Blood Glucose Log

Name:

Date:

Breakfast: Time:	Food Item	Amount	Carbohydrate	Total Carb
Blood Glucose:				
Insulin:				
AM Snack: Time:				
Blood Glucose:				
Lunch: Time:				
Blood Glucose:				
Insulin:				
PM Snack Time:				
Blood Glucose:				
Dinner: Time:				
Blood Glucose:				
Insulin:				
Evening Snack: Time:				
Blood Glucose:				
Total				