

DIABETES LOG DIARY DATE 1/1/11

TIME	3 am	6 am	12:30	2 pm	6 pm	10 pm
Blood sugar		176	110		160	135
Insulin/ Medication		70/30 24U			70/30 20U	
Carbohydrates	1 serving 15gm	3 servings 43gm	3 servings 47gm	4gm	5 servings 74gm	
Exercise				30 min/ 240 cal		

Comments: I woke up sweating during the night. I drank 4oz orange juice (15/60)

Total Calories 1125 - Exercise Calories 240 = 885 Net Calories

Breakfast	1/2 English muffin* (15/70),** 1/2 c dry cereal (15/65), 1 c skim milk (13/90)	
Time: 6 am	decaffeinated coffee with sweet and low (0/0)	225 Calories
Lunch	Turkey 4 oz (2/160), 2 slices whole wheat bread (28/150), lettuce,	
Time: 12 am	tomato, mustard, small apple (17/70), diet coke (0/0)	380 Calories
Snack	1 cup light popcorn (4/35)	35 Calories
Dinner	1 cup pasta (36/180), garden salad (8/35), 1 Tbsp oil and vinegar	
6 pm	dressing (1/65), unsweetened tea (0/0) 1/2 cup green beans (4/20), roll (14/75), small orange (12/50)	425 Calories

\* Carbohydrates are in bold type

\*\* (grams of carbohydrates/calories)

DATE \_\_\_\_\_

TIME						
Blood sugar						
Insulin/ Medication						
Carbohydrates						
Exercise						

Comments: \_\_\_\_\_

Total Calories \_\_\_\_\_ – Exercise Calories \_\_\_\_\_ = \_\_\_\_\_ Net Calories

Breakfast	
Time:	
Lunch	
Time:	
Snack	
Dinner	
Time:	