



## BLOOD GLUCOSE FOOD DIARY

The following diary can assist in identifying the relationship between your blood glucose readings (BGL) and food consumed. Your dietitian will assist in interpreting this.

Day/Date	BGL Reading	Breakfast	Morning Tea	BGL Reading	Lunch	Afternoon Tea	BGL Reading	Dinner	BGL Reading
Monday	Time: Reading:	Time:	Time:	Time: Reading:	Time:	Time:	Time: Reading:	Time:	Time: Reading:
Tuesday	Time: Reading:	Time:	Time:	Time: Reading:	Time:	Time:	Time: Reading:	Time:	Time: Reading:
Wednesday	Time: Reading:	Time:	Time:	Time: Reading:	Time:	Time:	Time: Reading:	Time:	Time: Reading:
Thursday	Time: Reading:	Time:	Time:	Time: Reading:	Time:	Time:	Time: Reading:	Time:	Time: Reading: