

## BLOOD SUGAR AND FOOD DIARY

### When should I test my blood sugar?

1-2 times a day. Testing after different meals is a good idea to see what your blood sugar does after eating certain foods and at different times of the day. Here are some useful times to choose from:

- Before breakfast - this is called **fasting** blood sugar. Fasting means you have not had any food or drink (other than water) in 8 hours or more.
- 1 hour after any meal or any snack or drink other than water (for some, alcohol raises BS the next day)- this is called **postprandial** blood sugar.
- **If you take insulin and you have high fasting blood sugars**, check at 2:00 or 3:00 in the morning. This is to check if your blood sugar is going too low at night and causing high fasting blood sugars first thing in the morning. If you check at this time, you need to check it again as soon as you get up in the morning.

Your Blood Sugar goals are **Fasting** <110  
**1 hour after meal** <140

### How to keep a Blood Sugar/Food Diary:

Get a notebook and write foods and blood sugars for each day like this example. Try to jot down all foods and drink, check blood sugars a couple times a day and note the time you checked and ate. At first, if you do this for a couple of weeks you will learn about how your body works with food and how your blood sugars change with foods you eat, things you drink, how much you eat at a meal, when you skip meals, if you eat too late at night..... Below is a sample of what a diary would look like:

<u>Date/Day</u>	<u>Time</u>	<u>Meal/Snack/Drink</u>	<u>Blood Sugar</u> <u>1 hr After</u>
3/12 Tue	8:00	Protein Drink	
	10:30	South Beach Whole Wheat crackers with laughing cow cheese	
	12:00	½ turkey sandwich Piece of fruit	135
	2:00	non-fat yogurt w/almonds	120
	5:30	baked chicken w/salad & brown rice	

Now, look over your foods and blood sugars and see what foods seemed to keep blood sugars low? Which made them go high? Change your portions or amount

