



## Food- and blood sugar diary for three days

Name .....

ID-number .....

Date	Blood sugar before	Breakfast	Blood sugar after	Any snacks /exercise	Blood sugar before	Lunch	Blood sugar after	Any snacks /exercise	Blood sugar before	Dinner / evening meal	Blood sugar after	Any evening snack /exercise	Blood sugar bed time
Date	time	time	time	time	time	time	time	time	time	time	time	time	time
	time	time	time	time	time	time	time	time	time	time	time	time	time
	time	time	time	time	time	time	time	time	time	time	time	time	time

You can always adjust your blood sugar monitor for exercise and before/after meal times.  
 Measure your blood sugar before and 1.5 hours, at the latest, after meal times and when you go to bed at night, then note down the results on the table.  
 Make a note of what you eat and how you exercise for at least three days before your next appointment with your doctor / diabetic nurse / dietitian.

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