

PREGNANCY FOOD AND GLUCOSE DIARY

Name: _____

Blood Glucose Testing: Fasting - test within 15 minutes after waking up. Meal time - test 60 to 80 minutes after starting a meal.

Blood Sugar Goals: Fasting – 70-92. Meal time – Breakfast, Lunch and Dinner – less than 140

Date	Blood sugar result				Breakfast Time	Snack Time	Lunch Time	Snack Time	Dinner Time	Snack Time
	F	B	L	D						
	Carbs/Insulin									Bedtime Insulin
Date	Blood sugar result				Breakfast Time	Snack Time	Lunch Time	Snack Time	Dinner Time	Snack Time
F	B	L	D							
	Carbs/Insulin									Bedtime Insulin
Date	Blood sugar result				Breakfast Time	Snack Time	Lunch Time	Snack Time	Dinner Time	Snack Time
F	B	L	D							
	Carbs/Insulin									Bedtime Insulin

F - Fasting B - Breakfast L - Lunch D - Dinner

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NEW PATIENTS: **855-UMASS-MD** (855-862-7763)
 EXISTING PATIENTS: **508-334-3206**

NS DIAB
 Most Recent Review Date: 11/15/2022



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