

Intensive diabetes management food record Name: _____

Insulin-to-carb ratio: _____ Divide carb grams at meals by this number to find out units of insulin at mealtime.

Correction factor: _____ Each additional (extra) unit of insulin at mealtime will bring pre-meal blood glucose down this many blood glucose points (mg/dL or milligrams per deciliter).

Before meal blood glucose goal: _____ Two hours after meal blood glucose goal: _____

Time	Date	carb grams	insulin units	exercise, illness, stress
	Before meal blood glucose			
	Two hours after meal blood glucose			
	Breakfast			
	Snack*			
	Before meal blood glucose			
	Two hours after meal blood glucose			
	Lunch			
	Snack*			
	Before meal blood glucose			
	Two hours after meal blood glucose			
	Dinner			
	Snack*			
	Bedtime blood glucose			

*When eating a snack between meals, wait two hours after a meal and record blood glucose first.

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