

Food Log

Keeping a food log can be very helpful in reaching your health goals. If you have diabetes, write down your blood sugars and when you took them. You can also add any other notes such as stomach problems or swelling. This can help find patterns and determine how certain foods affect your body.



Example	9am: bowl of corn flakes cereal with 2% milk	12pm: turkey and cheese sandwich, 2 handfuls chips	5pm: 2 tacos – chicken, flour tortillas, cheese, lettuce, salsa	7pm: 3 scoops vanilla ice cream
Notes	8am: 156 blood sugars		swelling in feet	9pm: 215 blood sugars

	Breakfast	Lunch	Dinner	Snacks
Day 1				
Notes				
Day 2				
Notes				
Day 3				
Notes				
Day 4				
Notes				

	Breakfast	Lunch	Dinner	Snacks
Day 5				
Notes				
Day 6				
Notes				
Day 7				
Notes				
Day 8				
Notes				
Day 9				
Notes				
Day 10				
Notes				