


Tracking My Food


Diabetes does not mean you need to eat special foods. The key is to eat a healthy, balanced diet with foods that are low in salt, have healthy fats, and are high in fiber. Pick foods from all food groups to give your body the nutrients it needs. And cut down on portion sizes if you need to lose weight.

Did you know? Fiber is a type of carbohydrate that comes from plant foods. It keeps blood sugar from rising too fast.



 **Name:** _____

Eating healthy is a key part of managing your diabetes. Use this log to keep an eye on what you eat and how much.



 **Target blood sugar ranges**
 Fasting: _____ Before meal: _____ After meal: _____

Insulin to carb ratio: 1 unit insulin per _____ grams of carbohydrates

Correction factor: 1 unit insulin to lower blood sugar by _____ mg/dL

Correction dose: $(Current\ BS - Target\ BS) \div (Correction\ factor)$

 **My goal this week:** _____

Week of ____/____/____	What I Ate/Amount	What I Drank		Blood Sugar/Insulin				
				Before eating	Insulin dose	1 hour after	2 hours after	3 hours after
SUNDAY								
Breakfast		____OZ	____OZ					
Lunch		____OZ	____OZ					
Dinner		____OZ	____OZ					
Snack		____OZ	____OZ					
MONDAY								
Breakfast		____OZ	____OZ					
Lunch		____OZ	____OZ					
Dinner		____OZ	____OZ					
Snack		____OZ	____OZ					
TUESDAY								
Breakfast		____OZ	____OZ					
Lunch		____OZ	____OZ					
Dinner		____OZ	____OZ					
Snack		____OZ	____OZ					
WEDNESDAY								
Breakfast		____OZ	____OZ					
Lunch		____OZ	____OZ					
Dinner		____OZ	____OZ					
Snack		____OZ	____OZ					
THURSDAY								
Breakfast		____OZ	____OZ					
Lunch		____OZ	____OZ					
Dinner		____OZ	____OZ					
Snack		____OZ	____OZ					
FRIDAY								
Breakfast		____OZ	____OZ					
Lunch		____OZ	____OZ					
Dinner		____OZ	____OZ					
Snack		____OZ	____OZ					
SATURDAY								
Breakfast		____OZ	____OZ					
Lunch		____OZ	____OZ					
Dinner		____OZ	____OZ					
Snack		____OZ	____OZ					

Make extra copies of this log before you use it for the first time.

Patients Have Questions. We Have Answers.

Endocrine Society is your trusted source for endocrine-related patient education. Our digital resources are available at endocrine.org/patient-engagement.