Unity
Health Insurance
Affiliated with UW Health

Diabetes Food Log

Name:			Date:		
Time	**Food/Beverage (include amount and preparation method) OR Medication and Amount**	**Blood Sugar**	**Calories**	**Sat Fat, gm**	**Carbs, gm**

Food Groups for Today

Dairy 1 1 1 Vegetable 1 1 1 1 1 Protein 1 1 1 Fruit 1 1 1 1
Starch 1 1 1 1 1 1 1 1 Fat 1 1 1 1 1 1

Exercise/Activity:_____Duration:_____

Notes (If needed, use back side of page.):

UHOO889-web-12-07