ADA Blood Sugar Target Range:
Before meal: 80 - 130mg/dl
2 hours after meal: Less than 180mg/dl

ACE Blood Sugar Target Range:
Before meal: 70 - 110mg/dl
2 hours after meal: Less than 140mg/dl

PATIENT NAME: _____

Diabetes Education Solutions Phone 214-736-2445
Food and Blood Sugar Record

Date	Breakfast			Snack and/or Activity (time)	Lunch			Snack and/or Activity (time)	Dinner			Bedtime	
	BS Before	Foods Eaten	BS After		BS Before	Foods Eaten	BS After		BS Before	Foods Eaten	BS After	BS Before	Snack and/or Activity (time)
	Time:		Time:		Time:		Time:		Time:		Time:	Time:	
	Time:		Time:		Time:		Time:		Time:		Time:	Time:	
	Time:		Time:		Time:		Time:		Time:		Time:	Time:	
	Time:		Time:		Time:		Time:		Time:		Time:	Time:	
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	Time:		Time:		Time:		Time:		Time:		Time:	Time:	