

# FOOD DIARY

Name : \_\_\_\_\_

Day : \_\_\_\_\_

Date : \_\_\_\_\_

	Blood Glucose	Food and how it was Prepared	Amount (measures)	Time	Place	Thoughts and Feelings
BREAKFAST						
SNACK						
LUNCH						
SNACK						
DINNER						
SNACK						

Example:

Toast  
margarine  
skim milk

2 slices  
1 tsp  
1/2 cup

8:00AM

HOME

Not hungry  
Rushed and confused

# Diabetic Food Diary Template

**Author 1**



## **Diabetic Food Diary Template:**

**Food Journal for Diabetics** Rina House,2020-10-29 When dealing with diabetes holding yourself accountable for diet and lifestyle changes is crucial to managing the condition The Diabetes Food Journal is the perfect place to record every detail **Diabetic Food Diary Template** Journals for All Staff,2017-06-09 Blank Blood Sugar Log Get Your Copy Today Portable Size 6 inches by 9 inches Enough Space for writing Include Sections for Year Month Date Meals Breakfast Lunch Dinner Snacks Bedtime Notes Buy One Today and keep track of your sugar level **Food Journal and Blood Sugar Log for Diabetics** Rogue Plus Publishing,2018-04-17 Diabetes and data go hand in hand and without data it s hard to know what to change or where to focus A food journal blood sugar log helps diabetics do just that Don t miss another day ensuring you are keeping your blood sugars in the safe range We have designed our log book to be USEFUL CONVENIENT What better way to keep track of your blood sugar and what food keeps it low or high than by doing it the old fashioned way By writing everything down you will find it easier to refer back and see what affected your reading Keep track without feeling overwhelmed Simple and easy to use the pages are ready and waiting to be filled with The option of tracking calories carbs added sugar fiber protein and or fat Enough space to record your physical activities The ability to track vitamins supplements meds and make additional notes A page for you to record your current measurements and goals A NOTEBOOK BUILT TO LAST We want your journal to last a long time so you can always look back on your previous entries without the worry that it will fall apart The sturdy cover is made of tough paperback with strong secure professional trade binding so the pages won t fall out after a few months of use WELL CRAFTED INTERIOR With 104 pages we used only thick white paper to avoid ink bleed through The columns are clearly marked to make it easy to fill out and to cross reference PERFECT SIZE With its 15 24 x 22 86 cm 6 x 9 dimensions you can squeeze it into a purse with ease Lightweight and durable it s the perfect companion no matter how far or close or wherever your trip will be COOL COVERS To top it all we have an array of cover designs for you to choose from Get inspired by our collection of truly creative book covers We stand for quality and aim to provide the best writing experience with our notebooks While it takes effort and a little discipline to keep a diabetes logbook once started it quickly becomes a habit Becoming more engaged with your diabetes should improve overall diabetes management Get started today and add this monitoring log to your cart *Food Journal and Blood Sugar Log for Diabetics* Rogue Plus Publishing,2018-04-17 Diabetes and data go hand in hand and without data it s hard to know what to change or where to focus A food journal blood sugar log helps diabetics do just that Don t miss another day ensuring you are keeping your blood sugars in the safe range We have designed our log book to be USEFUL CONVENIENT What better way to keep track of your blood sugar and what food keeps it low or high than by doing it the old fashioned way By writing everything down you will find it easier to refer back and see what affected your reading Keep track without feeling overwhelmed Simple and easy to use the pages are ready and waiting to be filled with The option of tracking calories carbs added sugar fiber protein and or

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Diabetes and data go hand in hand and without data it s hard to know what to change or where to focus A food journal blood sugar log helps diabetics do just that Don t miss another day ensuring you are keeping your blood sugars in the safe range We have designed our log book to be USEFUL CONVENIENT What better way to keep track of your blood sugar and what food keeps it low or high than by doing it the old fashioned way By writing everything down you will find it easier to refer back and see what affected your reading Keep track without feeling overwhelmed Simple and easy to use the pages are ready and waiting to be filled with The option of tracking calories carbs added sugar fiber protein and or fat Enough space to record your physical activities The ability to track vitamins supplements meds and make additional notes A page for you to record your current measurements and goals A NOTEBOOK BUILT TO LAST We want your journal to last a long time so you can always look back on your previous entries without the worry that it will fall apart The sturdy cover is made of tough paperback with strong secure professional trade binding so the pages won t fall out after a few months of use WELL CRAFTED INTERIOR With 104 pages we used only thick white paper to avoid ink bleed through The columns are clearly marked to make it easy to fill out and to cross reference PERFECT SIZE With its 15 24 x 22 86 cm 6 x 9 dimensions you can squeeze it into a purse with ease Lightweight and durable it s the perfect companion no matter how far or close or wherever your trip will be COOL COVERS To top it all we have an array of cover designs for you to choose from Get inspired by our collection of truly creative book covers We stand for quality and aim to provide the best writing experience with our notebooks While it takes effort and a little discipline to keep a diabetes logbook once started it quickly becomes a habit Becoming more engaged with your diabetes should improve overall diabetes management Get started today and add this monitoring log to your cart *Food Journal and Blood Sugar Log for Diabetics* Rogue Plus Publishing,2018-04-17 Diabetes

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**Solution for Diabetics** Author 1,2015-10-01 In 2008 when Lucca was eight he was admitted to intensive care and diagnosed with Type 1 diabetes Nothing prepares you for this emotional life changing rollercoaster Vickie de Beer When working mother Vickie De Beer's life changed forever she and leading paediatric dietician Kath Megaw set about The Low Carb Solution for Diabetics and in the process developed an arsenal of the most effective systems and day to day strategies for practically dealing with diabetes Part emotive journey part cookbook and part medical reference and all bundled up in the care and love of devoted parents The Low Carb Solution for Diabetics is the fruit of their combined findings at once personal and professional and essential reading that effectively closes the gap for families coping with diabetes Underpinned by the knowledge that time is one of today's most precious commodities Vickie's meals are simple to shop for effortless to prepare and above all packed with all the essential nutrients growing bodies and minds need for optimal health Grouped seasonally and covering all days of the week from Monday through Sunday and not forgetting sauces treats and drinks The Low Carb Solution for Diabetics offers a wide array of choices for every meal of the day and to satisfy all those hunger pangs in between a happy solution for both busy moms and even busier kids *Food Journal and Blood Sugar Log for Diabetics*

Rogue Plus Publishing,2018-04-17 Diabetes and data go hand in hand and without data it's hard to know what to change or where to focus A food journal blood sugar log helps diabetics do just that Don't miss another day ensuring you are keeping your blood sugars in the safe range We have designed our log book to be USEFUL CONVENIENT What better way to keep track of your blood sugar and what food keeps it low or high than by doing it the old fashioned way By writing everything down you will find it easier to refer back and see what affected your reading Keep track without feeling overwhelmed Simple and easy to use the pages are ready and waiting to be filled with The option of tracking calories carbs added sugar fiber protein and or fat Enough space to record your physical activities The ability to track vitamins supplements meds and make additional notes A page for you to record your current measurements and goals A NOTEBOOK BUILT TO LAST We want your journal to last a long time so you can always look back on your previous entries without the worry that it will fall apart The sturdy cover is made of tough paperback with strong secure professional trade binding so the pages won't fall out after a few months of use WELL CRAFTED INTERIOR With 104 pages we used only thick white paper to avoid ink bleed through The columns are clearly marked to make it easy to fill out and to cross reference PERFECT SIZE With its 15 24 x 22 86 cm 6 x 9

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**My Diabetes Diary** S K Sahoo,2019-01-06 This is a live longer live better book focusing on life first It provides a voyage into learning in common man s language about diabetes One will enjoy and can put into practice How one can do still better once he understands the disease in real environments associated with him It provides the the rules for the road that can be applied to the multitude of diabetic problems in prevention for a safe passage in life every day It will empower you to make better decisions by thinking for yourself and how to do it yourself Work work life diet whether nutritious for life or not exercise associated lab tests and its periodicity are discussed on human terms as it happens to your life cycle It s sound practice is a passport to normal living The book will be of benefit as an elixir to every diabetic his friends and his relatives for better health *Journal of the American Dietetic Association* ,1989

**Glucose Monitoring Log** Rogue Plus Publishing,2018-04-10 Diabetes is a manageable disease if managed well Diabetes and data go hand in hand and without data it s hard to know what to change or where to focus A blood sugar log helps diabetics do just that We have designed our log book to be USEFUL CONVENIENT What better way to keep record of two of your most vital signs blood sugar and blood pressure than by doing it the old fashioned way By writing everything down you will find it easier to refer back and see what you did or did not do Keep track without feeling overwhelmed Simple and easy to use the pages are ready and waiting to be filled with Before And After Blood Sugar Readings Sections For Breakfast Lunch Dinner Snacks Bedtime A NOTEBOOK BUILT TO LAST We want your journal to last a long time so you can always look back on your previous entries without the worry that it will fall apart The sturdy cover is made of tough paperback with strong secure professional trade binding so the pages won t fall out after a few months of use WELL CRAFTED INTERIOR With 104 pages we used only thick white paper to avoid ink bleed through The columns are clearly marked to make it easy to fill out and to cross reference PERFECT SIZE With its 15 24 x 22 86 cm 6 x 9 dimensions you can squeeze it into a purse with ease Lightweight and durable it s the perfect companion no matter how far or close or wherever your trip will be COOL COVERS To top it all we have an array of cover designs for you to choose from Get inspired by our collection of truly creative book covers We stand for quality and aim to provide the best writing experience with our notebooks While it takes effort and a little discipline to keep a diabetes logbook once started it quickly becomes a habit Becoming more engaged with your diabetes should improve overall diabetes management Get started today and add this monitoring log to your cart

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## Unveiling the Power of Verbal Artistry: An Emotional Sojourn through **Diabetic Food Diary Template**

In a world inundated with monitors and the cacophony of instant communication, the profound power and emotional resonance of verbal artistry frequently diminish in to obscurity, eclipsed by the continuous assault of sound and distractions. However, situated within the musical pages of **Diabetic Food Diary Template**, a charming function of fictional splendor that pulses with fresh feelings, lies an unforgettable trip waiting to be embarked upon. Composed by a virtuoso wordsmith, this interesting opus guides viewers on an emotional odyssey, gently revealing the latent potential and profound impact embedded within the complicated internet of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is main styles, dissect their charming publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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### **Diabetic Food Diary Template Introduction**

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