



Blood Sugar/Glucose Tracking

Using the glucometer left with you, take a drop of blood before each meal and one hour after each meal. Meals in which you screen may be on the same day, or may be over three days. Make sure to include at least one breakfast, lunch and dinner.

Please also fill out the meal log for each day of screening. Be very specific about amounts and ingredients. Include any beverages other than water.

For example:

“Toast” whole grain, sprouted, whole wheat, white, sourdough, etc and how many pieces.

OR

“Milk” whole, raw, low fat, skim, soy, and how many cups or ounces.

Breakfast Date:	Before:	One Hour After:
Any after-dinner snacks last night? What time and what did you eat?		
What time did you wake?	What time did you eat breakfast?	
Breakfast		
Lunch Date:	Before:	One Hour After:
Any mid-morning snacks? What time and what did you eat?		
What time did you eat lunch?		
Lunch		
Dinner Date:	Before:	One Hour After:
Any mid-afternoon snacks? What time and what did you eat?		
What time did you eat dinner?		
Dinner		