



# Food Journal & Blood Sugar Log: (A Food Diary for Diabetics)

*I. S. Anderson*

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Researchers have found that keeping a food diary helps you to be accountable for your eating habits and is especially important for diabetics as it allows you to uncover unhealthy patterns and identify trigger foods.

The **Food Journal and Blood Sugar Log** will help you to not only count carbs, but also to track your blood sugar levels four times per day – before breakfast (fasting), after breakfast, before and after lunch, before and after dinner, and at bedtime. It can be used with any food or exercise program and provides:

- 95 days of journaling - two pages per day
- Plenty of room to record three meals and three snacks per day
- Enough space to record your physical activities
- The option of tracking calories, carbs, added sugar, fiber, protein, and/or fat
- The ability to track water intake, sleep patterns, and vitamins/supplements/meds
- A nutrition index with over 100 whole foods, including fruits, vegetables, protein foods, whole grains, refined grains, and dairy
- A page for you to record your most commonly eaten foods and their nutritional counts

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