



Three-day Food Record

| Name: | | | | | | |
|-------|--|--|--|--|--|--|
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| | Brea | Breakfast Snack | | Lur | ich | Snack | Dinr | ner | Snack | Comments |
|-----------------|--------------|-----------------|---------|--------------|-----------|-----------|---------------|---------|---------|----------|
| | Before | After | Morning | Before | After | Afternoon | Before | After | Bedtime | |
| Time | | | | | | | | | | |
| Blood Glucose | | | | | | | | | | |
| Food and Amount | | | | | | | | | | |
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| Date: | Carbohydrate | : gram(s) | | Carbohydrate | : gram(s) | | Carbohydrate: | gram(s) | | |
| Time | | | | | | | | | | |
| Blood Glucose | | | | | | | | | | |
| Food and Amount | | | | | | | | | | |
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| Date: | Carbohydrate | : gram(s) | | Carbohydrate | gram(s) | | Carbohydrate: | gram(s) | | |
| Time | Carbonyurate | graffi(S) | | Carbonyurate | gram(s) | | Carbonyurate. | gram(s) | | |
| Blood Glucose | | | | - | | | | | | 1 |
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| Food and Amount | | | | | | | | | | |
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| Date: | Carbohydrate | gram(s) | | Carbohydrate | gram(s) | | Carbohydrate: | gram(s) | | |