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

LGDHD										
La										
	DATE									
		Food								

ake Cumberland District	Health Department	_			_	_			
A Healthy Today for a Brighter Tomorrow		Breakfast		Snack	Lunch		Snack	Dinner	
DATE	Food & Drink (include portion sizes)								
	Blood Glucose	Before:	2 Hours After:		Before:	2 hours After:		Before:	2 hours After:
DATE	Food & Drink (include portion sizes)								
	Blood Glucose	Before:	2 Hours After:		Before:	2 hours After:		Before:	2 hours After:
DATE	Food & Drink (include portion sizes)								
	Blood Glucose	Before:	2 Hours After:		Before:	2 hours After:		Before:	2 hours After:

Blood glucose goals:

Before Meals = 80-130

## 2 hours after meals = <180