



BLOOD GLUCOSE LOG

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Email EVERY Sunday: log@wilmingtonmfm.com

PATIENT NAME: _____

Carb Recommendations:

Breakfast 30 grams

Lunch 30-45 grams

Dinner 30-45 grams

Snacks 15-30 grams

Normal Values:

*Fasting 65-90

*1 hr after meals less than 130 (time starts with 1st bite of food)

Date							
Diabetic Medications							
Fasting							
1 hour after breakfast							
1 hour after lunch							
1 hour after dinner							
Random							

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