

Gestational Diabetes

It's important to check your blood sugars regularly as directed by your doctor to help you have a healthy pregnancy.

My blood sugar goals:
Before eating: less than 95
1 hour after eating: less than 140
2 hours after eating: less than 120

Date:

Time: Breakfast			
Blood sugars before:	Food eaten:	Blood sugars 1 hour after:	Blood sugars 2 hours after:
Time: Lunch			
Blood sugars before:	Food eaten:	Blood sugars 1 hour after:	Blood sugars 2 hours after:
Time: Dinner			
Blood sugars before:	Food eaten:	Blood sugars 1 hour after:	Blood sugars 2 hours after:
Time: Snacks			
Blood sugars before:	Food eaten:	Blood sugars 1 hour after:	Blood sugars 2 hours after:

Talk to your CHN nutritionist if you have more questions!

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