

Checking your blood sugar

- To know how your meal affects your blood sugar, check your blood sugar 2 hours after the start of your meal.
- Write down your blood sugars and any habits that might affect your readings.
- Wash and dry your hands well before checking blood sugars with a fingerstick meter. Anything on your hands (like dirt, lotion or food) can change the reading.
- If you are sick or feel like you are getting sick, check blood sugars more often.
- If you can't get your blood sugars below 300, let your diabetes care team know.
- If your blood sugar readings go below 70 often, let your diabetes care team know.
- If you check your sugar levels with a continuous glucose monitor (CGM), share your reports with your care team.

Keep track of your blood sugars and habits using this log.

Do your best to track blood sugars and habits for at least 2 weeks.

Bring this log with you to your next doctor's visit or take a photo of your log and share the photo with your diabetes care team.

Example:		Breakfast	Snack	Lunch	Snack	Dinner	Snack
Date:	Food and drinks (with serving sizes)	<ul style="list-style-type: none"> • 1 fist of spinach • 2 scrambled eggs • 2 slices whole wheat toast • 1 cup black coffee with 1 sugar 	<ul style="list-style-type: none"> • 1/2 banana • 2 tablespoon peanut butter 	<ul style="list-style-type: none"> • fist-sized portion brown rice and black beans • 1/2 avocado • 12 baby carrots 	<ul style="list-style-type: none"> • 5 whole wheat crackers • 1 low-fat string cheese stick 	<ul style="list-style-type: none"> • small sweet potato • palm-sized portion of salmon • 1/2 plate of broccoli and cauliflower 	<ul style="list-style-type: none"> • 1 cup plain greek yogurt • ¾ cup blueberries • 2 tablespoons unsalted walnuts
	Blood sugars	Before eating: ____ 2 hours after eating: ____	Comments:	Before eating: ____ 2 hours after eating: ____	Comments:	Before eating: ____ 2 hours after eating: ____	Comments:

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