

## My Meal Log

To learn where you can make changes, it is helpful to have a record of what you eat. Track what you eat on both weekdays and weekends, and see how changes can improve your blood glucose. Remember that the plate method can be a useful tool for planning meals. Your healthcare team can help with resources for a meal plan that is best for you. Remember that your blood glucose check should be at least 2 hours after eating.

Date/ Time	Meal or Snack	What I Ate	Blood Glucose	
			Before Eating	After Eating