

Gestational Diabetes FOOD & BLOOD SUGAR LOG

Date	Fasting	2-hours after:		Breakfast	Lunch	Dinner	Snacks	Activity
		Breakfast	Lunch					
Time								
Result								
Time								
Result								
Time								
Result								
Time								
Result								
Time								
Result								
Time								
Result								

Blood Sugar Goals: Before Breakfast: 60-90 mg/dL 2 hours after meals: under 120 mg/dL (or 130 mg/dL if testing 1 hour after meals)

American Diabetes Association. Standards of medical care in diabetes - 2017 (Position Statement). Diabetes Care 2017;40(Suppl 1):S114-S119.

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