BLOOD SUGAR LOGBOOK (USA/ INDIAN UNITS – mg/dL)

Self-Monitoring Blood Glucose (SMBG)

Blood Glucose Target	Normal Range	For Diabetes patients
Fasting/ before meal	70 — 108 mg/dL	70 — 126 mg/dL
1 $^{1}/_{2}$ - 2 hours after meal (From the 1^{51} bite of food taken)	90— 144 mg/dL	90 — 144 mg/dL or 90 — 180 mg/dL (for some patients)

CanMed CLINICS

MY PRACTICAL DIET

www.mypracticaldiet.com

Nutrition & Weight Loss Clinics

Markham/Brampton

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Date/ Day	Breakfast Blood Sugar		Notes (Meds/ food/activity/ **Insulin dose)**	Lunch Blood Sugar		Notes (Meds/ food/activity/ **Insulin dose)**	Dinner Blood Sugar		Bedtime	Notes (Meds/ food/activity/ **Insulin dose)**
	Before	After		Before	After		Before	After		