

Pre/Post Meal Log

Fasting blood sugar should be less than 95 (*check as soon as you wake up)

After meals blood sugar should be less than 140

Date:							
Fasting Blood Glucose (BG) (before breakfast)							
Breakfast 15-30 grams Carbohydrate <i>No fruit or milk</i>							
1 hour after breakfast BG							
Snack 15-30 grams Carbohydrate							
<i>Before lunch BG</i>							
Lunch 30-45 grams Carbohydrate							
1 hour after lunch BG							
Snack 15-30 grams Carbohydrate							
<i>Before dinner BG</i>							
Dinner 30-45 grams Carbohydrate							
1 hour after dinner BG							
Snack 15-30 grams Carbohydrate							
<i>2-4 amBG</i>							



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Mother-Baby Health

Perinatal Diagnostic Center
Sobrato Pavilion | 2495 Hospital Drive | Suite 500
Mountain View, CA 94040 | 650-988-7930

elcaminohealth.org/maternity    

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