

What I Ate This Week

Start date:

Diabetes Forecast

Whether you do it for one week to gain insight into your current diet (you may be surprised by what you learn!) or on a regular basis, a food diary can be an excellent tool for managing your condition. Record everything you eat and the amount—for example: ½ cup of whole-wheat pasta, 3 tablespoons marinara sauce, 2 cups broccoli, 1 can diet soda. You can use the gray bars to track the number of calories you consume meal to meal and day to day.

	BREAKFAST	LUNCH	DINNER	SNACKS/OTHER	NOTES
Sunday					
	Calories:	Calories:	Calories:	Calories:	Total Calories:
Monday					
	Calories:	Calories:	Calories:	Calories:	Total Calories:
Tuesday					
	Calories:	Calories:	Calories:	Calories:	Total Calories:
Wednesday					
	Calories:	Calories:	Calories:	Calories:	Total Calories:
Thursday					
	Calories:	Calories:	Calories:	Calories:	Total Calories:
Friday					
	Calories:	Calories:	Calories:	Calories:	Total Calories:
Saturday					
	Calories:	Calories:	Calories:	Calories:	Total Calories: