



The Ottawa
Hospital | L'Hôpital
d'Ottawa

Riverside
Foustanelas Endocrine and Diabetes Centre

FOOD RECORD AND GLYCEMIA

Name

Tel.

Team

Date :	Breakfast		Lunch		Supper	
	Blood sugar		Blood sugar		Blood sugar	
	Before	After	Before	After	Before	After
Food						
Exercise Stress Snack						
Date :	Breakfast		Lunch		Supper	
	Blood sugar		Blood sugar		Blood sugar	
	Before	After	Before	After	Before	After
Food						
Exercise Stress Snack						