

Managing Your Blood Sugars Worksheet

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	Breakfast	Lunch	Supper	Evening snack/bedtime
Before Meal Blood Sugars (at least 3 hours after eating) Target: 4 to 7 mmol/L				
Things I will try to help my blood sugars	<input type="checkbox"/> Keep doing what I'm doing. <input type="checkbox"/> Do more before breakfast tests. <input type="checkbox"/> Add/increase evening exercise. <input type="checkbox"/> Have smaller evening snack. <input type="checkbox"/> Have healthier evening snack. <input type="checkbox"/> Add small evening snack. <input type="checkbox"/> Take medicine regularly. <input type="checkbox"/> Lower before bed blood sugars. <input type="checkbox"/> See doctor for possible changes to medicine. <input type="checkbox"/> Other _____ .	<input type="checkbox"/> Keep doing what I'm doing. <input type="checkbox"/> Do more before lunch tests. <input type="checkbox"/> Add/increase morning exercise. <input type="checkbox"/> Stop having morning snack. <input type="checkbox"/> Have smaller morning snack. <input type="checkbox"/> Have healthier morning snack. <input type="checkbox"/> Have smaller/healthier breakfast. <input type="checkbox"/> Take medicine regularly. <input type="checkbox"/> See doctor for possible changes to medicine. <input type="checkbox"/> Other _____ .	<input type="checkbox"/> Keep doing what I'm doing. <input type="checkbox"/> Do more before supper tests. <input type="checkbox"/> Add/increase afternoon exercise. <input type="checkbox"/> Stop having afternoon snack. <input type="checkbox"/> Have smaller afternoon snack. <input type="checkbox"/> Have healthier afternoon snack. <input type="checkbox"/> Have smaller/healthier lunch. <input type="checkbox"/> Take medicine regularly. <input type="checkbox"/> See doctor for possible changes to medicine. <input type="checkbox"/> Other _____ .	<input type="checkbox"/> Keep doing what I'm doing. <input type="checkbox"/> Do more before bedtime tests. <input type="checkbox"/> Add/increase evening exercise. <input type="checkbox"/> Have smaller supper. <input type="checkbox"/> Have healthier supper. <input type="checkbox"/> Test before evening snack. <input type="checkbox"/> Take medicine regularly. <input type="checkbox"/> See doctor for possible changes to medicine. <input type="checkbox"/> Other _____ .
	Breakfast	Lunch	Supper	Date
Before Sugars 2 hours after meal (do once in a while) Target: 5 to 10 mmol/L				
Things I will try to help my blood sugars	<input type="checkbox"/> Keep doing what I'm doing. <input type="checkbox"/> Test once in a while 2 hours after big or unusual meals. <input type="checkbox"/> Exercise after the meal _____ . <input type="checkbox"/> Have smaller starch, fruit, milk, sweets portions (carbohydrate foods). <input type="checkbox"/> Eat lower glycemic index foods (examples: stone-ground multigrain breads, converted rice, lentils, kidney beans, pasta, oatmeal, all bran, bran buds, fruit, milk, yogurt). <input type="checkbox"/> If 2 hours after tests are often over 10 mmol/L, speak with doctor to see if the results need to be looked at. <input type="checkbox"/> Take medicine regularly. <input type="checkbox"/> Other _____ .			