

7-Day Food Diary - BGL Monitoring (Gestational Diabetes)

Patient: Week Ending: / /

Instructions

- Include all foods and drinks consumed during that meal
- Indicate if nothing was consumed
- Record at the time of the meal, this makes it easier and more accurate than trying to remember what you consumed later
- Include time of both meal and BGL reading
- Include a description of the food, eg brand, amount consumed in grams if on the packet, or in household measure, e.g. 1/2 cup of rice
- Water column is if you have a water bottle you sip from during the day, saves adding each sip into the table
- In some cases, a BGL reading may not be required at every indicated time, your dietitian will discuss this with you
- Management Targets:
 - Fasting BGL: $\leq 5.0\text{mmol/L}$
 - 1 hour BGL: $\leq 7.4\text{mmol/L}$
 - 2 hour BGL: $\leq 6.7\text{mmol/L}$

	Monday	Tuesday	Wednesday
Fasting BGL			
Breakfast			
1 Hour Post Prandial BGL			
Snack			
Lunch			
1 Hour Post Prandial BGL			
Snack			
Dinner			
1 Hour Post Prandial BGL			
Snack			
Water			

7-Day Food Diary - BGL Monitoring

Patient: Week Ending: / /

	Thursday	Friday	Saturday	Sunday
Fasting BGL				
Breakfast				
1 Hour Post Prandial BGL				
Snack				
Lunch				
1 Hour Post Prandial BGL				
Snack				
Dinner				
1 Hour Post Prandial BGL				
Snack				
Water				