

Food Item	Time	Serving size	Calories	Carbs	Fiber (grams)	Protein (grams)	Net Carbs	Today's Date and Weight			
				0	0	0	0				
							0	Morning Blood Sugar			
							0				
							0				
							0	Afternoon Blood Sugar			
							0				
							0				
							0	Evening Blood Sugar			
							0				
							0				
							0	Insulin Units			
							0				
							0				
							0	Insulin Units			
							0				
							0				
							0	Insulin Units			
							0				
							0				
							0	Insulin Units			
							0				
							0				
							0	Insulin Units			
							0				
							0				
							0	Insulin Units			
							0				
							0				
							0	Daily Goals			
							0			Calories	1,000-1,200/ day
							0			Carbs	50 gm/day
							0	Protein	125 gm/day		
							0	Fiber	30-35 gm/day		
TOTAL			0	0	0	0	0				

Enter food items and associated values into the columns above (except Net Carbs).. To clear the values place the cursor over the first food item, then drag the cursor until all of the values are highlighted. Then Place the cursor over the highlighted text, RIGHT click and select clear contents. To Print highlight the table, Select File, Print, Selected Items.

Net Carbs = Carbohydrates - Fiber