



**Halton Diabetes Program**

**OUT-PATIENT DIABETES AND PREGNANCY DAILY RECORD**

**Blood Glucose Targets:**

Fasting Blood Glucose: Less than 5.3 mmol/L  
 1 hour after meals: Less than 7.8 mmol/L  
 2 hours after meals: Less than 6.7 mmol/L

Date	Before breakfast blood glucose	Breakfast foods & beverages (include portion sizes)	1hr /2hr after breakfast blood glucose	Snack	Lunch foods & beverages (include portion sizes)	1hr/2 hr after lunch blood glucose	Snack	Dinner foods & beverages (include portion sizes)	1hr/2hr after supper blood glucose	Snack
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