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# Food Journal & Blood Sugar Log: (A Food Diary For Diabetics)



## Synopsis

Researchers have found that keeping a food diary helps you to be accountable for your eating habits and is especially important for diabetics as it allows you to uncover unhealthy patterns and identify trigger foods. The *Food Journal and Blood Sugar Log* will help you to not only count carbs, but also to track your blood sugar levels four times per day – before breakfast (fasting), after breakfast, before and after lunch, before and after dinner, and at bedtime. It can be used with any food or exercise program and provides:

- 95 days of journaling - two pages per day
- Plenty of room to record three meals and three snacks per day
- Enough space to record your physical activities
- The option of tracking calories, carbs, added sugar, fiber, protein, and/or fat
- The ability to track water intake, sleep patterns, and vitamins/supplements/meds
- A nutrition index with over 100 whole foods, including fruits, vegetables, protein foods, whole grains, refined grains, and dairy
- A page for you to record your most commonly eaten foods and their nutritional counts

## Book Information

Diary: 216 pages

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Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars – See all reviews (27 customer reviews)

Best Sellers Rank: #74,587 in Books (See Top 100 in Books) #86 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #360 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases

## Customer Reviews

Arrived quickly and the packaging was in good condition. Great for keeping track of necessary info for my diabetes. I would recommend this for anyone trying to monitor their diabetes. I like the extra columns for water, sleep, vitamins, etc...

As a new diabetic this had enough room for everything that I wanted it to do. It could use a specific place for snack blood counts, but no biggie, we just write it to the side of the snack section. For someone trying to keep your blood sugar under control, and spending the time to take sugar

reading after every meal (sometimes twice) this is a good way to keep track of everything and discover what foods/lack of sleep/stress/etc... are making it go up. Unless you are doing an intensive tracking program, this book may be a little much. It has an area to record what you ate, your blood sugars, calories, carbs, and several other nutritional information things (but not salt), how much you slept, how much water you drank, meds you took, your weight, and how your day was overall. It helped us track everything and get to the point that we no longer need meds, but it is very detailed. For everyday use, when you are maintaining, another simpler book may be better. But for intensive "figuring it out", I did not find anything better.

Nice little journal to keep track of what your eating and your sugar levels. Not sure if I will use it since I'm starting to record all mine electronically. If you have an other friend who isn't computer savvy this would be a wonderful gift. Nice looking.

Mom has type 2 diabetes and was not doing well tracking her food consumption and blood sugar levels. This book lets her track everything in one place which is extremely useful for her, the dietician and her physician. AND she actually uses it. When she fills it up we'll order her another one.

I love this journal. I just become caretaker for my diabetic mother and this journal has a place for all the information I need to convey to her doctors. When this book is full I will definitely order it again!!!

Did not realize it was only good for 3 months.

The book itself as far as the space to write and the information you can put. It really includes everything you need to keep track of. That part of the book I love. But it is very hard to write in. If this book was spiral bound I would love it and give it a 5 star.

I love it and so does my Doctor.

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Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included Diabetes Journal Log Book: Portable 6in x 9in Diabetes, Blood Sugar Log. Daily Readings For 53 weeks. Before & After for Breakfast, Lunch , Dinner, Snacks. Bedtime. With Daily Notes (Fitness) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Lower Your Blood Sugar For Diabetes: An Essential Treatment Guide For Diabetes(Beginners Guide to Reverse Type 2 Diabetes,insulin Resistance,Inflammation) ... blood sugar diet,the blood sugar solution,) The Garden Journal, Planner and Log Book: Repeat successes & learn from mistakes with complete personal garden records. 28 adaptable year-round forms, ... (The Garden Journal Log Books) (Volume 1) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) DIABETES: The Worst 20 Foods For Diabetes To Eat And the Best 20 Diabetic Food List, Meals And Diabetes Menus To Lower Your Blood Sugar (HOT FREE BONUS ... Diet,smart blood sugar,sugar detox) Diabetes: Diabetes Diet: The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15 Diabetic Recipes to Lower Blood Sugar: Diabetes ... Diet,smart blood sugar,sugar detox Book 4) Diabetes: Type 2 Diabetes: 30 Natural Methods for Preventing & Reversing Diabetes. Your Guide to: Lower Blood Sugar. (Reversing Diabetes, Hyperglycemia, High Blood Sugar, Sugar Detox) Blood Sugar: Everything You Need to Know About How to Easily and Safely Manage Your Blood Sugar 2nd Edition (Sugar Addiction, Flat Belly, Diabetes Cure, ... Detox, Type 2 Diabetes, Body Cleansing) Diabetes: How to Lower Blood Sugar Naturally Without Drugs in 4 Weeks: (Diabetes, Lower Blood Sugar, Zero Sugar, Natural Remedies) Minecraft Diary: Wimpy Steve Book 2: Horsing Around! (Unofficial Minecraft Diary) (Minecraft diary books, Minecraft books for kids age 6 7 8 9-12, Minecraft ... Steve books) (Minecraft Diary- Wimpy Steve) Diabetes Diet: Eating Guide for Diabetics & Delicious Recipes for Diabetes Diet (Diabetes Food, Diabetic Cookbook, Control Blood Sugar, Diabetes Cure, Diabetic Living) Chalkboard Journal - Be Still & Know: 100 page 6" x 9" Ruled

Notebook: Inspirational Journal, Blank Notebook, Blank Journal, Lined Notebook, Blank Diary  
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