

Copy these pages before writing on them so you can continue to record your successes!

My Meal Plan	Exchange Groups	My Exchange Record	My Carbohydrate Count	Date _____	My Food Description
Breakfast Time:					
Carbohydrates	Starch/Bread				
	Fruit				
	Milk				
	Vegetable				
	Other				
	Total Carb				
	Meat & Substitutes				
	Fat				
Lunch Time:					
Carbohydrates	Starch/Bread				
	Fruit				
	Milk				
	Vegetable				
	Other				
	Total Carb				
	Meat & Substitutes				
	Fat				
Dinner Time:					
Carbohydrates	Starch/Bread				
	Fruit				
	Milk				
	Vegetable				
	Other				
	Total Carb				
	Meat & Substitutes				
	Fat				
Snack Time:					
Carbohydrates	Starch/Bread				
	Fruit				
	Milk				
	Vegetable				
	Other				
	Total Carb				
	Meat & Substitutes				
	Fat				

The ADA Exchange Lists for Meal Planning recognizes Equal® as a free food.

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Hours	Blood Glucose	Medications	Exercise
Midnight			
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
Noon			
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			

My Blood Glucose Goals

My Health Journal

_____	_____
_____	_____
_____	_____
_____	_____

Eat slowly. Often, eating quickly can make you eat more, because your body doesn't have time to process the food and feel full.

