

Date _____

	Food Eaten	Amt	BS	Insulin
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Exercise				

Date _____


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Snack				
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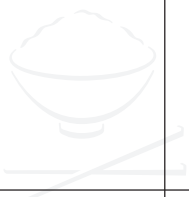
Healthy Eating Record

PERSONAL FOOD JOURNAL

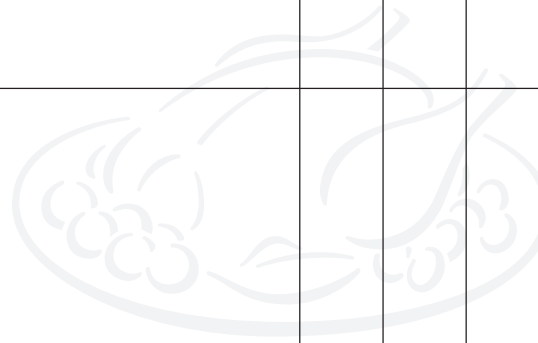


Sandi Williams
 Registered Dietitian
 & Certified Diabetes Educator
www.sandiwilliams.com


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