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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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