



Watch what you eat:
Your diet really impacts your health!



DIABETES logbook

Personal information

First name(s): _____ Name(s): _____

Disease(s): _____

Pharmacy: _____ Tel.: _____

Family physician: _____ Tel.: _____

Specialist doctor: _____ Tel.: _____

In case of emergency: _____ Tel.: _____

Drugs, vitamins, supplements and natural health products

Drugs / Product	Dose	Time of day	I take it for:



Blood glucose monitoring

Glucose levels measure blood sugar at a specific time.

Hemoglobin A1C monitoring

This test is used to assess the average blood glucose management over the previous two or three months.

Recommended targets for most people with diabetes*

Different targets may have been set for you.

	Targets*
Fasting and pre-meal blood glucose levels (mmol/L)	Between 4.0 and 7.0 mmol/L**
Blood sugar two hours after meals (mmol/L)	Between 5.0 and 10.0 mmol/**

* These values were drawn from the Canadian Diabetes Association’s 2018 Clinical Practice Guidelines for the Prevention and Management of Diabetes and are provided for information purposes only.

** These values do not apply to gestational diabetes or to children aged 12 years or younger.

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Diabetes affects how the body uses the sugar in food.

This information is provided for information purposes only and does not in any way replace the advice or guidance of your healthcare professionals. Always consult a healthcare professional before making a decision about your medication or treatments.

- Write down the date.
- When you test your blood glucose, record the result at the appropriate time of day.
- Circle or highlight any results that are above or below your targets.
- Add comments regarding your diet, state of health, exercise, etc.

How to use the logbook:

Date	Breakfast		Lunch		Supper		Bedtime	Comments
	Before	2H after	Before	2H after	Before	2H after		
April 11	5.2	6.4			3.8	6.4	6.2	Didn't have lunch
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