

Protein:g*1 portion =7g Protein Pat:g*1 portion has about 5g Pat Patria			7 GADiabetes	76 Diabetes			Daily Portion Goals					Daily Food Group Goals			
Protein:g*1 portion = 7g Protein Grain Group: Meat Group: Dairy Group: Extra Cals:	Data			PROGRAM			Carbs: g*1 carb portion =15g Carb					Fruit Group:			
Fat:g *1 portion has about 5g Fat Dairy Group:	Date:								Veggies Group:						
Fall	Dhasiaal Aati				1 Totelli	g · 1	portion =7	g Frotein							
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Glucose Cals Cal					Portions		Food	Group Equivalent							
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lood/Symptoms:	Mood/Sympto Iournal:														



		7 G6 Diabetes	GGDiabetes			Daily Portion Goals					Daily Food Group Goals			
D-4				Carbs: g*1 carb portion =15g Carb			Fruit Group:							
Date:		_		Protein: g*1 portion =7g Protein					ggies G					
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Physical Activity:				Fat: g *1 portion has about 5g Fat				Meat Group:						
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Meal/Time	Blood Glucose	Food Choices Eaten	Carb	Protein	Fat	F	V	G	Meat		Extra Cals			
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My activity ob	jective for t	omorrow is:												
Mood/Sympto	oms:													
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Daily Portion Goals