

Blood Glucose Record Sheet

The best way to see how your body metabolises different foods is to track your glucose levels over a period of time. We encourage you to experiment with a variety of foods.

	Healthy Range mmol/L	Pre-Diabetic Range mmol/L	Diabetes Risk Range mmol/L
Fasting (12 hrs)	<5.6	5.6 - 6.9	>7.0
2 hrs post meal	<7.8	7.8 - 11.0	>11.0

Date	Fasting	Post-Meal	Food Eaten	Reading
27/5		Y	Roast pork with roast sweet potato and steamed greens	6.8

