

	C	D	E	F	G	H
3	Name:		Date:			
4	Food Item	Portion	Calories	Fat	Carbs	Activity & Time
5	Breakfast					
6						
7						
8						
9						
10	Snack					
11						
12	Lunch					
13						
14						
15						
16						
17						
18						
19	Snack					
20						
21	Dinner					
22						
23						
24						
25						
26						
27						
28	Snack					
29						
30						
31		Total Calories =				
32		Exercise Calories =				
33		Net Calories =				

Harmon Diabetes Center

Diabetes Food Record

Name: _____

Date: _____

Food Item	Portion	Carbs	Activity Type & Minutes
Breakfast - Time: _____			GOAL: 1. Increase to 150 minutes of moderate activity per week. 2. No more than 2 days without activity
Total Carbs			
Snack - Time: _____			
Lunch - Time: _____			
Total Carbs			
Snack - Time: _____			
Dinner - Time: _____			
Total Carbs			
Snack: Time: _____			



Fruits today: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 2 cups per day
Non-starchy veggies: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 3 cups per day
Ounces of water today: