

Type 2 Diabetes Daily Diet Chart

Date: _____

Breakfast

Food Item: _____

Portion Size: _____

Carbohydrates (grams): _____

Fiber (grams): _____

Protein (grams): _____

Fat (grams): _____

Notes/Sugar Level Reading: _____

Morning Snack

Food Item: _____

Portion Size: _____

Carbohydrates (grams): _____

Fiber (grams): _____

Protein (grams): _____

Fat (grams): _____

Notes/Sugar Level Reading: _____

Lunch

Food Item: _____

Portion Size: _____

Carbohydrates (grams): _____

Fiber (grams): _____

Protein (grams): _____

Fat (grams): _____

Notes/Sugar Level Reading: _____

Afternoon Snack

Food Item: _____

Portion Size: _____

Carbohydrates (grams): _____

Fiber (grams): _____

Protein (grams): _____

Fat (grams): _____

Notes/Sugar Level Reading: _____

Dinner

Food Item: _____

Portion Size: _____

Carbohydrates (grams): _____

Fiber (grams): _____

Protein (grams): _____

Fat (grams): _____

Notes/Sugar Level Reading: _____

Evening Snack (if applicable)

Food Item: _____

Portion Size: _____

Carbohydrates (grams): _____

Fiber (grams): _____

Protein (grams): _____

Fat (grams): _____

Notes/Sugar Level Reading: _____

Daily Total

Total Carbohydrates (grams): _____

Total Fiber (grams): _____

Total Protein (grams): _____

Total Fat (grams): _____

Overall Blood Sugar Reading: _____

Notes/Observations:

Physical Activity:

General Well-being/Mood:

Any Symptoms/Concerns:

Other Remarks:

Guidelines:

- Consult with a healthcare provider for personalized dietary advice.
 - Balance your plate with a good mix of carbohydrates, protein, and fats.
 - Focus on low-glycemic index foods to better manage blood sugar levels.
 - Keep track of portion sizes to manage calorie intake.
 - Stay hydrated and limit sugary drinks.
 - Regularly monitor blood sugar levels as part of your dietary management.
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This chart can be printed and used daily for effective diabetes management. It's essential to consult with healthcare providers for personalized dietary advice tailored to individual health needs and diabetes management goals.