

Type 2 Diabetes Diet Chart

Patient name: _____

Age: _____ Sex: _____ Date: _____

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.

Breakfast

Food:

Portion size:

Carbohydrates (grams):

Fiber (grams):

Protein (grams):

Fat (grams):

Notes / sugar level reading:

Morning snack

Food:

Portion size:

Carbohydrates (grams):

Fiber (grams):

Protein (grams):

Fat (grams):

Notes / sugar level reading:

Lunch

Food:

Portion size:

Carbohydrates (grams):

Fiber (grams):

Protein (grams):

Fat (grams):

Notes / sugar level reading:

Afternoon snack

Food:

Portion size:

Carbohydrates (grams):

Fiber (grams):

Protein (grams):

Fat (grams):

Notes / sugar level reading:

| Dinner | Evening snack |
|------------------------------|------------------------------|
| Food: | Food: |
| Portion size: | Portion size: |
| Carbohydrates (grams): | Carbohydrates (grams): |
| Fiber (grams): | Fiber (grams): |
| Protein (grams): | Protein (grams): |
| Fat (grams): | Fat (grams): |
| Notes / sugar level reading: | Notes / sugar level reading: |
| | |
| Daily total | |
| Total carbohydrates (grams): | |
| Total fiber (grams): | |
| Total protein (grams): | |
| Total fat (grams): | |
| Overall blood sugar reading: | |
| Observations | |
| Physical activity: | |
| | |

General well-being / mood:

Symptoms or concerns:

Additional notes:

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.