Austin Perinatal Associates, P.A.

Name _____

Phone _____

Gestational Diabetes Food and Blood Glucose Record

FPG Goal: <95 mg/dL 2 Hour Post Meal Goal: <120 mg/dL

1 Hour Post Meal Goal: <130 mg/dL

				Lunch and Afternoon Snack:			Supper and Bedtime Snack:			
Date	FPG	Breakfast Food/Drink:	BG	Snack	Lunch Food/Drink:	BG	Snack	Dinner Food/Drink:	BG	Notes

Attn: Jenifer R. Kruse, MS, RD, LD, CDE Phone: (512) 206-0101 Fax: (512) 206-0212