

## Austin Perinatal Associates

Name  
**Diabetes Food and Blood Glucose Record**  
 Phone

**Gestational**

FPG Goal: <95 mg/dL

2 Hour Post Meal Goal: <120 mg/dL

1 Hour Post Meal Goal: <140 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: Shannon Fannin BSN**

**Email: [nurse@austinperinatal.com](mailto:nurse@austinperinatal.com) (Tuesday through Thursday)**

**Phone:(512) 206-0101 Fax:(512) 206-0212**