

**Austin Perinatal Associates**

Name \_\_\_\_\_

Phone \_\_\_\_\_

**Gestational Diabetes**

FPG Goal: <95 mg/dL

**Food and Blood Glucose Record**

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, Melissa Cassady BSN**

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