

Carbohydrate Counting Log

Amount	Food	Grams of Carbs	Medications/ Insulin	Blood Sugars	Comments
Breakfast					
				Pre-Meal:	
	Total Grams of Carbohydrates:			Post-Meal:	
Snack					
	Total Grams of Carbohydrates:				
Lunch					
				Pre-Meal:	
	Total Grams of Carbohydrates:			Post-Meal:	
Snack					
	Total Grams of Carbohydrates:				
Dinner					
				Pre-Meal:	
	Total Grams of Carbohydrates:			Post-Meal:	
Snack					
	Total Grams of Carbohydrates:				