

Team 7
Gaza, Palestine
Baltimore, USA

Name: _____

Weekly Diabetes Log

Date: تاريخ	Breakfast وجبة افطار	Snack وجبة خفيفة	Lunch غداء	Dinner عشاء	Morning صَبَاح	Night	Notes
Blood Sugar							
Insulin Dose							
Grams Carb							
Phys. Activity							

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Snacks with ~15 grams of carbs (to treat hypoglycemia)	
<p>Drinks: Milk (skim or 1%), 8 oz. (1 cup) Apple/Orange juice, 4 oz (1/2 cup) Regular soda, 5-6oz (1/2 can)</p>	<p>Fruits Apple Banana Grapes, 15-17 Orange, 1 small Strawberries, 10-15 medium-sized</p>
<p>Vegetables/beans/nuts: Beans 1/2 cup Mixed vegetables 1 cup Potato, 1 small baked</p>	<p>Grains: Bread, 1 slice whole grain Cereal, 1/2 cup Muffin 1/2 Crackers, 6</p>
<p>Weight loss:</p> <ul style="list-style-type: none"> • Do not skip meals. • Cut 500 calories from what you eat each day. • Limit the fats in your diet (less than 30% of the calories you eat each day). • Eat starches that take longer to digest (called “complex carbohydrates”). • About 50% of calories you eat should come from these: fresh vegetables, grains, lentils, beans, whole grain bread 	