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# Food Journal & Blood Sugar Log: (A Food Diary For Diabetics)



## **Synopsis**

Researchers have found that keeping a food diary helps you to be accountable for your eating habits and is especially important for diabetics as it allows you to uncover unhealthy patterns and identify trigger foods. The Food Journal and Blood Sugar Log will help you to not only count carbs, but also to track your blood sugar levels four times per day â€“ before breakfast (fasting), after breakfast, before and after lunch, before and after dinner, and at bedtime. It can be used with any food or exercise program and provides: 95 days of journaling - two pages per day Plenty of room to record three meals and three snacks per day Enough space to record your physical activities The option of tracking calories, carbs, added sugar, fiber, protein, and/or fat The ability to track water intake, sleep patterns, and vitamins/supplements/meds A nutrition index with over 100 whole foods, including fruits, vegetables, protein foods, whole grains, refined grains, and dairy A page for you to record your most commonly eaten foods and their nutritional counts

## **Book Information**

Diary: 216 pages

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Best Sellers Rank: #84,644 in Books (See Top 100 in Books) #65 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #414 in Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases

## **Customer Reviews**

According to a study that included nearly 1700 participants, keeping a food journal can double your weight loss. The study found that the best predictors of weight loss were how often records were kept (those who jotted down everything they ate and drank for at least six days per week lost twice as much weight as those who kept records once per week or less) and how many support group meetings the participants attended.

Other Titles by I. S. Anderson: 5-Year JournalAddress BookAddress Book: Large Print (6 x 9)

inchesFood & Fitness JournalWorkout Journal: Interval TrainingFood Journal and Blood Sugar LogHealth Journal: Discover Food Intolerances and AllergiesChange Your Life Guided JournalTo Do List Daily Planner366 Sketches (A Visual Journal)

I am not using this log book exactly as laid out, but this one is the closest fit to what I currently need at this time. Since I like to have my BG readings listed in line chronologically with things I eat as I eat them I simply use the white space (heading, margins, foot of the page) or any unused food log lines for recording my BG readings. I also use the header space for noting down how I slept the night before, how I am feeling, and what my blood pressure readings are. Since I take pills 5 times a day I also use either the header or lines of the food journal to record when I take those. If any changes are made to my meds or vitamins I note it in the vitamins box. Notes about how I am feeling or any special effects of the day get listed in the Notes section. Physical activity gets listed in its designated section. The two parts I don't use as laid out are: \* The blood sugar log -- not enough spaces for the readings I sometimes need to do, hard to list both the times of the checks and the readings in the space provided, and harder to visually see effects of certain foods since the BG readings would not be lined up chronologically with foods eaten. \* The "Added Sugar" column I simply use for total sugar, since I need to actually track the total and not a subset. Also, added sugar is not an item that is reliably listed on nutritional panels. I would appreciate a hard-cover version of this same log book, since the floppy paperback cover requires steady support on a large enough flat surface (not always available when out and about). It's a good size (though making it the same dimensions of a Leuchtturm 1917 or a Moleskine would make it a little easier to fit in some handbags), and has enough lines with enough space to fit in the needed detail of most things I eat. This allows me to write down foods consumed at the time while saving the recording of the macronutrient values for later, when need be.

I just got this today. I think it'll be a great tool to help keep track of everything. The only thing I'd change is how it's bound. I wish it was spiral bound instead.

It is a nice book but much larger than I thought it would be. It has information that is good to have in hand and plenty of space to write in. However, If one goes out to dinner and wants to use it, well it is a little cumbersome. I would recommend it but I am finding little use for it.

Basically useful. I've had to do some adaptation, leaving some areas of the chart blank, and using

open areas--meant for something else--to accommodate information that I want to track. But, short of designing and printing my own charts, it works. My doctor was exceedingly impressed at how organized my data was when I showed her my records.

I was trying to find a way to record my food intake and calories. I love the ease of this book....just fill in the blanks and it is there. You do need to research some food items as they are not listed in the back, but it is easy enough to do. Love this recording system!

This is a great buy. I love how laid out it is and it helps you track everything. My only complaint is that I wish it was in a spiral notebook so that it would lay flat.

Arrived quickly and the packaging was in good condition. Great for keeping track of necessary info for my diabetes. I would recommend this for anyone trying to monitor their diabetes. I like the extra columns for water, sleep, vitamins, etc...

Did not realize it was only good for 3 months.

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