

## DIABETES BLOOD SUGAR RECORDING CHART%0A

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[Blood Glucose Diaries - Diabetes.co.uk](#)

Blood Glucose Care; Blood Glucose Diaries; Diabetes Care. Blood glucose recording tips. Test your blood sugar at varying times of the day.

[Diabetes Blood Sugar Levels Chart \[Printable\]](#)

This blood sugar levels chart includes the normal, prediabetes, and diabetes values for mmol/l and mg/dl in an easy to understand format.

[Printable Diabetes Logsheets | Integrated Diabetes Services](#)

Many researchers feel that cinnamon might help maintain normal levels of blood sugar. Results seen in patients who have been administered 3 doses of cinnamon per day for 40 days included lowered blood triglycerides, reduced blood sugar, and decreased blood cholesterol levels.

[Record Keeping - Where the world learns about Diabetes](#)

The more information you put on your charts, the easier it is to control your blood sugars. Keep your charts or other recording tools handy so that recording and reviewing are easy to do. Use colored markers to quickly spot differences in activities, events, and readings. Highlighting highs and lows is particularly valuable.

[Chart Your Blood Sugar Levels - Healthline](#)

However, if you have diabetes, it's important that you keep a watchful eye on both your ketones and your blood glucose even as you lose weight. Be sure you keep records of your results. These will help you and your doctor see if your medication, diet, or any other part of your diabetes care plan needs to be adjusted.

[What Is a Normal Blood Sugar Level? - Diabetes Self-Management](#)

A normal fasting (no food for eight hours) blood sugar level is between 70 and 99 mg/dl (between 3.9 and 5.5 mmol/l). A normal blood sugar level two hours after eating is less than 140 mg/dl (7.7 mmol/l). However, lower than that would be better. Some experts say shoot for 120 (or 6.6).

[Chart of Normal Blood Sugar Levels for Adults with Diabetes](#)

This simple chart shows target blood sugar levels for adults before and after meals, after fasting, before exercise, and at bedtime, as well as an A1c target.

[Printable Blood Glucose Testing Record - Medical Forms](#)

This illustrated blood glucose chart makes it easy for people with diabetes, or their caregivers, to track blood sugar levels [Blood Glucose Testing Record](#).

[25 Printable Blood Sugar Charts \[Normal, High, Low ...](#)

25 Printable Blood Sugar Charts [Normal, High, Low] Using a blood sugar chart, diabetes patients can perform a blood sugar test.

[Blood Glucose Log | American Diabetes Association](#) Sample blood glucose log. Categories: Cardiometabolic Risk Toolkit, VA 22202 1-800-DIABETES. Follow us on Twitter, Facebook, YouTube and LinkedIn .

[Free Blood Sugar Chart for Excel - Track Your Blood Sugar ...](#)

Download a free Blood Sugar Chart the American Diabetes Association works towards preventing and finding the cure for diabetes. [How to Test Blood Sugar Chart - Diabetes Self-Management](#) This blood sugar chart shows normal blood glucose levels before and after meals and recommended HbA1c levels for people with and without diabetes.

[High Blood Sugar, Low Blood Sugar - Diabetes Initiative](#)

High Blood Sugar, Low Blood Sugar Testing your blood sugar Check with your provider to see if and when he/she wants you to check your blood sugar. Keep a record of your blood sugar numbers, the date and time of day. Take the record (log) with you to every clinic visit. Ask your provider what the numbers should be.