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rushed and confused

## **FOOD DIARY**

**DATE:** 

DAY:

	Dland	Earland have it was Duamana	A 0 4	Time	Dlago	Thoughts and Eastines
	Blood glucose	Food and how it was Prepared	Amount (how much)	Time	Place	Thoughts and Feelings
Breakfast	glucose		(now much)			
Dicumust						
Snack						
Lunch						
Snack						
Dinner						
Snack						
SHACK						
Example:		toast	2 slices	8:00 AM	home	not hungry

1 tsp

¹⁄2 cup

margarine

skim milk