

Diabetes Care Plan

Guidelines

Diabetes Medicines



Details

My insulin dosing schedule

Type of insulin: #units Time to inject:

My diabetes medications

Rx Name: Dose: Time to take:

Action Plan

Target blood sugars

Before meals: _____

2 hours
after meal: _____

Bedtime: _____

Eating Schedule



Meals and snacks:

Notes:

Carbohydrate Budget

Starches, fruits, milk, and sweets



Breakfast

Snack

Lunch

Snack

Dinner

Snack

15g of Carbohydrate:

- 1 cup milk
- ½ cup cooked rice, pasta,
- ½ cup dry cereal
- ½ cup cooked oatmeal
- 1 oz slice bread
- 1 medium fruit
- 3 cups popped popcorn
- ½ cup fruit juice
- ½ cup tomato sauce
- 1 small potato
- 2 small cookies