Meal Pattern Finder

*Which meals push **your** numbers up? Two checks around the same meal will tell you.*

1
Pick a meal
Breakfast, lunch or dinner. Change the meal every day or two so you see all three.

2
Check twice
Right before you eat, and 2 hours after your first bite. Write down what you ate.

3
Work out the rise
After minus before. Example: 186 − 124 = 62. Write it in the green column.

4
Find the pattern
After a week or two, circle your three biggest rises and bring this page to your visit.

DATE	MEAL	WHAT I ATE (AND HOW MUCH)	BEFORE	AFTER 2 H	RISE AFTER − BEFORE	WALK, STRESS, MISSED DOSE…
	B · L · D					
	B · L · D					
	B · L · D					
	B · L · D					
	B · L · D					
	B · L · D					
	B · L · D					
	B · L · D					
	B · L · D					
	B · L · D					
	B · L · D					
	B · L · D					
	B · L · D					
	B · L · D					

My three biggest rises

1. _____
2. _____
3. _____

What I want to ask about

_____
_____
_____

Before and after readings in mg/dL. Comparing rises shows which meals and portions affect you most; it is a conversation starter for your doctor or dietitian, not a reason to change your medicine on your own. After-meal goal for most adults: below 180 mg/dL (American Diabetes Association, Standards of Care in Diabetes—2026).

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My sick-day plan

Fill it in **with your care team**, *while you're well. Then it's ready when you're not.*

A cold, the flu or a stomach bug can push blood sugar up, even when you eat less. Some medicines need a change on sick days and others must not be stopped. Ask your doctor, nurse or diabetes educator to go through this page with you.

Who to call

Doctor / clinic _____

Phone _____

After hours _____

Pharmacy _____

Checking when I'm sick

Check my blood sugar every _____ hours, also during the night if told to

☐ Check ketones if my blood sugar is above _____

How I check ketones _____

My medicines on sick days

MEDICINE OR INSULIN	WHAT MY CARE TEAM SAYS
	☐ Keep taking ☐ Change: _____ ☐ Pause until _____
	☐ Keep taking ☐ Change: _____ ☐ Pause until _____
	☐ Keep taking ☐ Change: _____ ☐ Pause until _____
	☐ Keep taking ☐ Change: _____ ☐ Pause until _____
	☐ Keep taking ☐ Change: _____ ☐ Pause until _____

Drinks and food

Sip fluids often. If I can't eat my usual meals, my care team says I can have:

_____

_____

_____

Call my care team if

My blood sugar is above _____ for _____ checks in a row

I can't keep food or drinks down for _____ hours

Ketones are _____ · fever above _____

I'm not getting better after _____ days

Notes from my care team

Gone through with _____

on (date) _____ review again on _____

Get emergency care now (call 911) if

You are vomiting and can't keep fluids down, breathing is deep and fast, your breath smells fruity, you are confused or very sleepy, you have chest pain or trouble breathing, or a low blood sugar doesn't come up after you treat it twice.

Based on the American Diabetes Association Standards of Care in Diabetes—2026 and CDC guidance on managing sick days. This page is a template for your own plan. It does not replace the instructions your care team gives you.

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Wallet cards

Tell the people around you what to do if your sugar runs low.

✂ Cut along the dashed line, fold along the dotted line so the details are on the back, and keep one card in your wallet, one in your bag and one in the car. Laminate or cover with clear tape to make it last.

I HAVE DIABETES — MEDICAL ALERT

If I'm shaky, sweaty, confused or acting strangely, my blood sugar may be **LOW**.
If I can swallow: give me sugar now: juice, regular soda or glucose tablets.
If I can't swallow or I pass out: call 911. Don't put food or drink in my mouth.

MY DETAILS

Name _____
Call _____
Phone _____
Medicines / insulin _____
Doctor _____

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Call _____
Phone _____
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Doctor _____

For family and friends: how to help with a low

1. Check the blood sugar if you can. Don't wait if they seem unwell.
2. Give 15 g of fast sugar: 4 glucose tablets, ½ cup of juice or regular soda.
3. Wait 15 minutes and check again. Still below 70? Give sugar again.
4. Once it's back up, a snack if the next meal is more than an hour away.
5. Can't swallow, passes out or has a seizure: call 911. Use glucagon if it was prescribed and you were shown how.

Where my supplies are kept

Glucose tablets / juice _____ Glucagon (if prescribed) _____

Low blood sugar treatment follows the American Diabetes Association's 15-15 rule. Wearing a medical ID bracelet or necklace is a good idea too.

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