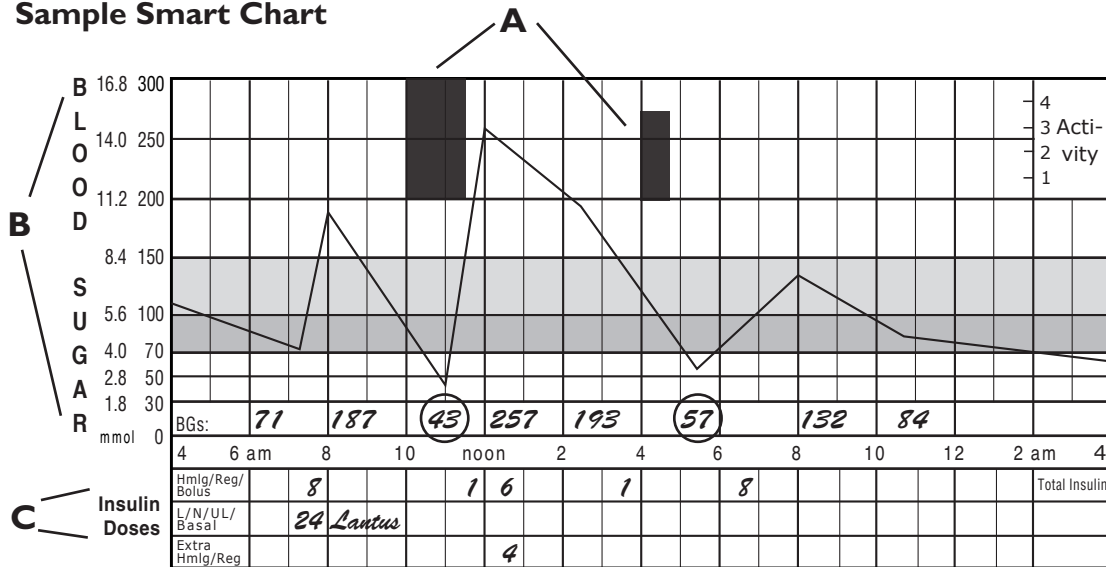


Sample Smart Chart



Breakfast			Lunch			Dinner		
Time	Food	Carb Grams	Time	Food	Carb Grams	Time	Food	Carb Grams
7:00	Cheerios	40	1:00	1 c nonfat milk	13	6:00	pasta and clams	64
	1 c nonfat milk	13		tuna sandwich	34		green salad	11
	strawberries	10		apple- 154 gms	23		Chardonnay	6
	2 rye toast	30			70		vanilla ice cream	17
	applebutter	8						98
	poached egg	0						
	Morning Snacks	101		Afternoon Snacks			Evening Snacks	
11:00	2 blueberry muffins	70		crackers	12			
	banana	25		cheese	4			
	diet soda	0		glucose tabs	10			

Day: Saturday Comments: Biked 21 miles in a.m., but ate too much! Noon, blew my fuse at nursery store clerk??? 4 pm - helped Fred load dirt into his trailer.

Date: 05/24/03

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- A** - Activity and exercise **B** - Blood glucose readings **C** - Insulin doses
- D** - Foods and carbs **E** - Comments