

Diabetic Diet Plan Template

Patient Information:

- Name: _____ DOB: _____
- Medical History:

- Medications:

Dietary Goals:

1. Blood Sugar Control:

-
-

2. Balanced Nutrition:

-
-

3. Hydration:

-

Meal Structure:

1. Breakfast:

-
-

2. Lunch:

-
-

3. Snacks:

-
-

4. Dinner:

-
-

Guidelines:

1. Carbohydrates:

-
-

2. Proteins:

-
-

3. Fats:

-
-

Monitoring and Interpretation:

1. Glucose Monitoring:

-
-

2. Symptom Tracking:

-
-

3. Review and Adjust:

-
-

Additional Recommendations:

1. Physical Activity:

-
-

2. Education:

-
-