

Instructions for Paired Testing:

1. Choose a meal that you are able to check your blood sugar right before eating and 2 hours after eating.
2. Record your results on the log sheet, on the front side of this paper.
3. Aim to check before and 2 hours after at least one meal each day, for the next week. You can do more if you would like.
4. At the bottom of this page, record what and how much food you ate at the meals when you did your blood sugar checks.
5. There should be a ~50 point difference or less from your pre meal check to you 2 hour post meal check. If it's more, your body had trouble processing the food you ate. You should consider eating less, doing some exercise after your meal or talk to your provider about adjusting your medicine.

DATE	Food Eaten: What and how much?

What did you learn from doing this?