

# Easy Everyday Logbook



**EQUAL**  
SWEETENER

SIMPLE CHANGE, BIG DIFFERENCE



## Keep track of your successes with this easy everyday logbook...

*This helpful logbook is provided by*



**SIMPLE CHANGE, BIG DIFFERENCE**

### Equal makes a difference

- ❖ *Equal makes food and beverages taste great while controlling calories and carbohydrates*
- ❖ *Using Equal is an easy everyday way to do something positive for your health*

### Weight management

Maintaining a healthy weight is a key to managing your diabetes. If you are overweight, losing weight is one of the most important steps you can take to stay healthy. Losing as little as 10 pounds can have significant health benefits, including improved blood glucose control, and lower blood pressure, insulin resistance, and cholesterol.

### This practical resource can help you take charge of your health, your weight, and your diabetes

Using this logbook to keep accurate records is a simple way to help you and your health care team make informed decisions. In addition, people who use a logbook typically are more successful at losing weight than those who don't. Just as important, good records let you see your successes—like weight reduction or maintenance, healthy blood glucose levels, and regular exercise—which can help motivate you even more.

You can record a variety of important information in this logbook, including:

### Your meals

Eating right is crucial to controlling your diabetes and your weight. This logbook lets you track your meal plan and the foods you eat every day.

### Your weight

This logbook can show you changes in your weight at a glance. Some experts recommend that you measure your weight once a week at the same time of day. Your dietitian or health care provider will tell you what's right for you.

### Your blood glucose, exercise, and much more

You'll also find spaces to record your blood glucose levels, exercise regimens, medications, blood pressure and cholesterol readings from your health care team, and more. Be sure to talk with your physician before starting any exercise program.

## It's easy to use this logbook

### Record longer-term information on the opposite page

For example, you can weigh yourself once a week at the same time of day and record the result.

You can also keep track of results you get when you visit your health care team, such as your blood pressure, your cholesterol, and your HbA<sub>1c</sub> reading. Be sure to bring your logbook with you to share your progress with your dietitian or health care provider.

### Record daily information starting on page 4

Simply complete a left and right page each day. Be sure to write the date at the top.

On the left page, enter the meal plan designed by your dietitian or health care provider, then record your meal times and what you ate. Be as specific as you can. You can use the left page whether you count exchanges (a system that separates foods into six categories based on their nutritional content) or carbohydrates (a system in which grams of carbohydrate eaten are monitored and adjusted daily).

On the right page, use the spaces next to the appropriate times to record your blood glucose readings, the medications you took (including dosage and quantity), and any exercise or physical activity you completed. Note the spaces at the bottom to record your blood glucose goals and daily health-related notes.

Also, remember to copy the last pages (both right and left sides) on an 8½ by 11 inch piece of paper before you mark on them, so you can continue to record your successes.

### Equal® sweetener can help

Equal no-calorie sweetener is an easy everyday way to enjoy the sweet foods and beverages you love while controlling calorie and carbohydrate intake. Look for helpful tips sprinkled throughout this logbook about using Equal as well as maintaining a healthy diet and weight. Visit [equal.com](http://equal.com) for more information about Equal, educational tools, and great-tasting recipes.

## Keep track of longer-term successes here

Some of your successes won't be measured every day. This page can help you record information you measure weekly, monthly, or over a longer term.

My weight goal \_\_\_\_\_

Date	My Weight

My HbA<sub>1c</sub> goal \_\_\_\_\_ My blood pressure goal \_\_\_\_\_

My total cholesterol goal \_\_\_\_\_ My LDL cholesterol goal \_\_\_\_\_

My HDL cholesterol goal \_\_\_\_\_ My triglycerides goal \_\_\_\_\_

Information From My Health Care Team						
Date	HbA <sub>1c</sub>	Blood pressure	Total cholesterol	LDL cholesterol	HDL cholesterol	Triglycerides

Breakfast		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Lunch		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Dinner		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Snack		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			

Using Equal® instead of sugar is one of the easiest ways to make a difference in your weight and carbohydrate control.

Hours	Blood Glucose	Medications	Exercise
<b>Midnight</b>			
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<b>Noon</b>			
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My Blood Glucose Goals

My Health Journal

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Divide cooked food into portions in the kitchen and put it on individual plates for serving. Then leave the remaining food in the kitchen so you won't be tempted to take more.

Breakfast		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Lunch		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Dinner		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Snack		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			

Substituting one packet of Equal® for the sugar in coffee can save over 20,000 calories per year!  
 (Note: assumes 2 teaspoons of sugar per cup of coffee, 2 cups per day)

Hours	Blood Glucose	Medications	Exercise
<b>Midnight</b>			
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<b>Noon</b>			
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My Blood Glucose Goals

My Health Journal

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When eating out, try to leave half the food on your plate.  
 Then take home the leftovers for another meal.

Breakfast		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
	Meat & Substitutes		
	Fat		
Lunch		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
	Meat & Substitutes		
	Fat		
Dinner		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
	Meat & Substitutes		
	Fat		
Snack		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
	Meat & Substitutes		
	Fat		

Create your own salty sweet snack. Try sprinkling Equal® on a bowl of popcorn—you'll love it!

Hours	Blood Glucose	Medications	Exercise
<b>Midnight</b>			
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<b>Noon</b>			
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My Blood Glucose Goals

My Health Journal

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Don't be fooled by healthy-sounding salads. Often, they're too large and covered with high-calorie dressings and high-fat ingredients.

Breakfast		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Lunch		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Dinner		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Snack		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			

Use Equal® to control calories and carbohydrates without sacrificing the sweet taste you love.

Hours	Blood Glucose	Medications	Exercise
<b>Midnight</b>			
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My Blood Glucose Goals

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My Health Journal

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Remember to drink 8 glasses of water daily. It's a natural appetite suppressant.

Breakfast		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Lunch		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Dinner		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Snack		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			

Using Equal® instead of sugar can be easier than you think. In addition to convenient packets, Equal is available in tablets for on-the-go convenience, and spoonful jar containers for recipes—it measures cup for cup like sugar!

Hours	Blood Glucose	Medications	Exercise
<b>Midnight</b>			
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<b>Noon</b>			
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My Blood Glucose Goals

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If you must eat a big meal, have it for lunch instead of dinner. You'll burn more calories during the day.

Breakfast		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
	Meat & Substitutes		
	Fat		
Lunch		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
	Meat & Substitutes		
	Fat		
Dinner		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
	Meat & Substitutes		
	Fat		
Snack		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
	Meat & Substitutes		
	Fat		

One packet of Equal® contains 0 calories and less than 1 gram of carbohydrate. To get the same sweetness, you'd need 2 teaspoons of sugar, which contain 32 calories and 8 grams of carbohydrates.

Hours	Blood Glucose	Medications	Exercise
<b>Midnight</b>			
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My Blood Glucose Goals

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My Health Journal

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For a healthier diet, choose low-fat substitutes in the dairy case such as skim or 1% milk and cottage cheese. Replace sour cream with a low-fat version or plain yogurt.



Breakfast		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
	Meat & Substitutes		
	Fat		
Lunch		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
	Meat & Substitutes		
	Fat		
Dinner		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
	Meat & Substitutes		
	Fat		
Snack		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
	Meat & Substitutes		
	Fat		

For best results, use recipes designed for Equal® or add Equal to recipes after removing from heat. Visit [equal.com](http://equal.com) for over 125 great-tasting recipes—many are lower in fat calories and carbohydrates than traditional recipes!

Hours	Blood Glucose	Medications	Exercise
<b>Midnight</b>			
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<b>Noon</b>			
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**My Blood Glucose Goals**

**My Health Journal**

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Don't deprive yourself of your favorite flavors. Instead, consider low- or nonfat substitutes. For instance, try chocolate sorbet in place of chocolate ice cream.



Breakfast		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Lunch		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Dinner		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Snack		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			

Instead of cream sauces on vegetables, try making sauces with reduced-calorie margarine and a sprinkle of Equal® — you'll enjoy the same rich flavor!

Hours	Blood Glucose	Medications	Exercise
<b>Midnight</b>			
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<b>Noon</b>			
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**My Blood Glucose Goals**

**My Health Journal**

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Make sure to pick up plenty of healthy snacks to keep at work so you won't be tempted by the vending machine.

Breakfast		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Lunch		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Dinner		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Snack		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			

Think Equal® is just for great-tasting coffee, iced tea, and cereal? Equal can also be used in a variety of mouthwatering recipes—from beverages and salads to entrees and desserts. Check out [equal.com](http://equal.com).

Hours	Blood Glucose	Medications	Exercise
<b>Midnight</b>			
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<b>Noon</b>			
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My Blood Glucose Goals

My Health Journal

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Fresh or dried fruit and dry cereal can tame your sweet tooth, while unbuttered popcorn and low-fat crackers can satisfy a salt craving.



Breakfast		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Lunch		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Dinner		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Snack		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			

Try sprinkling Equal® on fresh sliced fruit to enhance the fruit's natural flavor. It will become a favorite family treat!

Hours	Blood Glucose	Medications	Exercise
<b>Midnight</b>			
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My Blood Glucose Goals

My Health Journal

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Instead of riding the elevator, use the stairs when going to and leaving work.

Breakfast		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Lunch		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Dinner		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Snack		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			

Looking for a refreshing, healthy treat? Try making fruit smoothies with Equal®. For this great-tasting recipe and over 125 others, visit [equal.com](http://equal.com).

Hours	Blood Glucose	Medications	Exercise
<b>Midnight</b>			
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**My Blood Glucose Goals**

**My Health Journal**

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Take a walk during your lunch hour. The fresh air will reinvigorate you and put a spring in your step for the rest of the day.



Breakfast		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Lunch		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Dinner		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Snack		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			

For people with diabetes, using Equal® instead of sugar is one simple step toward achieving a healthy and balanced meal plan.

Hours	Blood Glucose	Medications	Exercise
<b>Midnight</b>			
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<b>Noon</b>			
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My Blood Glucose Goals

My Health Journal

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At the grocery store or mall, park farther away than usual to sneak in some exercise.



Breakfast		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Lunch		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Dinner		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Snack		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			

The 125 great-tasting recipes on [equal.com](http://equal.com) include nutritional information and food exchanges to aid in your meal planning.

Hours	Blood Glucose	Medications	Exercise
<b>Midnight</b>			
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**My Blood Glucose Goals**

**My Health Journal**

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Weeding the garden and pruning the bushes are great forms of moderate exercise.

Breakfast		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Lunch		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Dinner		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			
Snack		Time:	
Carbohydrates	Starch/Bread		
	Fruit		
	Milk		
	Vegetable		
	Other		
	<b>Total Carb</b>		
Meat & Substitutes			
Fat			

Hours	Blood Glucose	Medications	Exercise
<b>Midnight</b>			
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My Blood Glucose Goals

My Health Journal

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_____	_____
_____	_____
_____	_____

Get up to change the channel instead of using the remote.

Equal® can give you greater variety and flexibility in your diet. Equal helps you budget your total carbohydrate intake and satisfies cravings for sweets.



Copy these pages before writing on them so you can continue to record your successes!

My Meal Plan	Exchange Groups	My Exchange Record	My Carbohydrate Count	Date _____	My Food Description
<b>Breakfast Time:</b>					
<b>Carbohydrates</b>	Starch/Bread				
	Fruit				
	Milk				
	Vegetable				
	Other				
	<b>Total Carb</b>				
	Meat & Substitutes				
	Fat				
<b>Lunch Time:</b>					
<b>Carbohydrates</b>	Starch/Bread				
	Fruit				
	Milk				
	Vegetable				
	Other				
	<b>Total Carb</b>				
	Meat & Substitutes				
	Fat				
<b>Dinner Time:</b>					
<b>Carbohydrates</b>	Starch/Bread				
	Fruit				
	Milk				
	Vegetable				
	Other				
	<b>Total Carb</b>				
	Meat & Substitutes				
	Fat				
<b>Snack Time:</b>					
<b>Carbohydrates</b>	Starch/Bread				
	Fruit				
	Milk				
	Vegetable				
	Other				
	<b>Total Carb</b>				
	Meat & Substitutes				
	Fat				

The ADA Exchange Lists for Meal Planning recognizes Equal® as a free food.

Copy these pages before writing on them so you can continue to record your successes!

Hours	Blood Glucose	Medications	Exercise
<b>Midnight</b>			
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
<b>Noon</b>			
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			

My Blood Glucose Goals

My Health Journal

_____	_____
_____	_____
_____	_____
_____	_____

Eat slowly. Often, eating quickly can make you eat more, because your body doesn't have time to process the food and feel full.



This logbook is another helpful educational resource provided by



**SIMPLE CHANGE, BIG DIFFERENCE**

✦ Visit [equal.com](http://equal.com) for more information about Equal®, educational tools, and great-tasting recipes.

Equal is the national presenting sponsor  
of America's Walk for Diabetes

A proud sponsor of



[diabetes.org](http://diabetes.org)

1-800-DIABETES

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