

take charge of your

Blood Sugar



journaling to learn
more about the factors
that impact blood sugar

Food Mood Journal

01

Food. Jot down what foods you are eating. No need for amounts, just the name of the food. Does your food combo have carbs, protein, fiber, and fat? What meals could you add some fiber to?

02

Mood. Our emotional and mental state can impact our blood sugars. Chronic stress can lead to elevated blood sugars. Write down your mood before you sit down for a meal. Do you notice any trends?

03

Hunger/Fullness. Rate your level of hunger/fullness on a scale from 1-10. Where 1 is hangry and 10 is Thanksgiving stuffed. Do this before, during, and after the meal. Ideally, we want to make sure that we are not over or under eating consistently in order to manage our A1c.

04

Time. Noting the time that you eat major meals and snacks can help you discover if you are a chronic meal skipper or are going too long between meals. Skipping meals consistently can lead to elevated blood sugar and A1c. If you tend to skip a certain meal, how can you plan ahead and prevent this. What snacks can you have on hand?

**MOST IMPORTANTLY, APPROACH YOUR JOURNAL ENTIRELY
FROM A PLACE OF CURIOSITY, NOT JUDGMENT**

Food Mood Journal

for exploring factors that impact blood sugar

DATE			
MEAL	H/F	FOODS EATEN	TIME
BREAKFAST			
SNACK			
LUNCH			
SNACK			
DINNER			
SNACK			
MOOD NOTES:			

DATE			
MEAL	H/F	FOODS EATEN	TIME
BREAKFAST			
SNACK			
LUNCH			
SNACK			
DINNER			
SNACK			
MOOD NOTES:			

Prediabetes Nutrition

MS, RD, CERTIFIED INTUITIVE EATING COUNSELOR



ABOUT DIONE

Dione's mission is to show people with prediabetes and type 2 diabetes that eating for lower blood sugars doesn't require a restrictive diet. As someone living with prediabetes in remission, Dione is an advocate for an all foods fit approach to managing blood sugars. Leaning on her previous work in biomedical research, which includes being a published author, Dione is a credible source for evidence based nutrition information in the online space.

LET'S CONNECT!



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