



# Diabetes & Hormone C E N T E R

Blood Glucose Target Range 90-140										
	Breakfast			Lunch			Dinner			Bedtime
	Before	Carbs/g	After 2 hrs	Before	Carbs/g	2 hrs	Before	Carbs/g	After 2 hrs	
<b>Target</b>	90-110	45-60	<140	90-110	45-60	<140	90-110	45-60	<140	90-140
<b>Date</b>										