

Diabetes Management: Is Your Carbohydrate Counting Meal Plan Working?

Now, a Health Minute.

If you have diabetes and follow a carb counting meal plan, the best way to see if that plan is working is to monitor your blood sugar.

Check your blood sugar regularly and keep a log of your results.

Keep a food diary, too. Write down: What you ate, when, and how much; what your blood sugar results were; if you exercised; and if you took any medicines, including the dose.

Take this information with you when you see your diabetes care team.

You and your care team can review it and make changes to your meal plan and food choices as needed.

With time and practice, you will be able to make changes on your own to keep your blood sugar in a healthy range and help prevent health problems related to diabetes.