Bilan alimentaire / Food Record

Nom/Name:_____
Unite/Unit #:_____

Date Date	*Repas & heure* Meal & time	*Glycémie* Glucose	*Insuline* Insulin	*Nourriture* Food	*Quantité* Portion	*Glucides* Carbohydrate	*Commentaires (activités, maladie, etc)* Comments (activity, illness, etc.)