

7024 - GI Log Sheet



Every gram of carbohydrate contains 4 calories.

Separate the carbohydrates you eat for each meal and snack into the appropriate columns.

Time: _____ : _____ : _____ : _____ :

Day	Breakfast		Morn. Snack		Lunch		Aft. Snack		Supper	
	High GI Food	Low GI Food	High GI Food	Low GI Food	High GI Food	Low GI Food	High GI Food	Low GI Food	High GI Food	Low GI Food
MON.										
TUES.										
WED.										
THURS.										
FRI.										
SAT.										
SUN.										

