Diabetes Program
Department of Veteran Affairs Medical Center
1601 Kirkwood Hwy
Wilmington DE 19805
(302) 994-2511 x 4657

Fax: (302) 633-5339

Name:

Contact Number:

May we leave a message: Y N

Attn: ☐ Dr. Jaffee ☐ Ms. Henderson

	Breakfast		Lunch		Dinner			
Date	Before	After *	Before	After *	Before	After *	**Bed**	**Comments**

* If you test after meals:
Test 2 hours after you start eating

Usual blood sugar goals

Before eating: 90-130
After eating: Less than 180
Hemoglobin A1c: Less than 7%