MedPlaza
Breakfast Point

MedPlaza
YOUR FAMILY DOCTOR
BREAKFAST POINT

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Blood sugar monitoring for ___________________________

Day	**Before breakfast**	**2 hours after breakfast**	**2 hours after lunch**	**2 hours after dinner**
Target	**4.0 - 6.0**	**4.0 - 8.0**	**4.0 - 8.0**	**4.0 - 8.0**
e.g. Mon	***5.7***	***7.4***	***6.3***	***8.9***