CGM Food Response Tracker

What I ate -> what glucose did -> what I learned

CareCore patient education | 2026-06-02

Start here

This is not a homework packet. It is a place to capture the meals and moments you actually want to understand.

Name **Device**

Start date **End date** **Clinician / coach**

The row you will fill out most often

Food / amount	*Start*	*Before*	*+30*	*+60*	*+90*	*+120*	*Peak @ min*	*Context*	*Lesson / repeat of #?*
Rice bowl + chicken	12:35	92	124	142	128	106	142 @ 55m	slept badly, no walk	repeat with walk

1. Log the event

Food, amount, time, and anything that could change the curve.

2. Read the curve

Before, peak, minutes to peak, 2-hour value, and return toward baseline.

3. Repeat the useful test

One weird spike is trivia. A repeated pattern is a CareCore conversation.

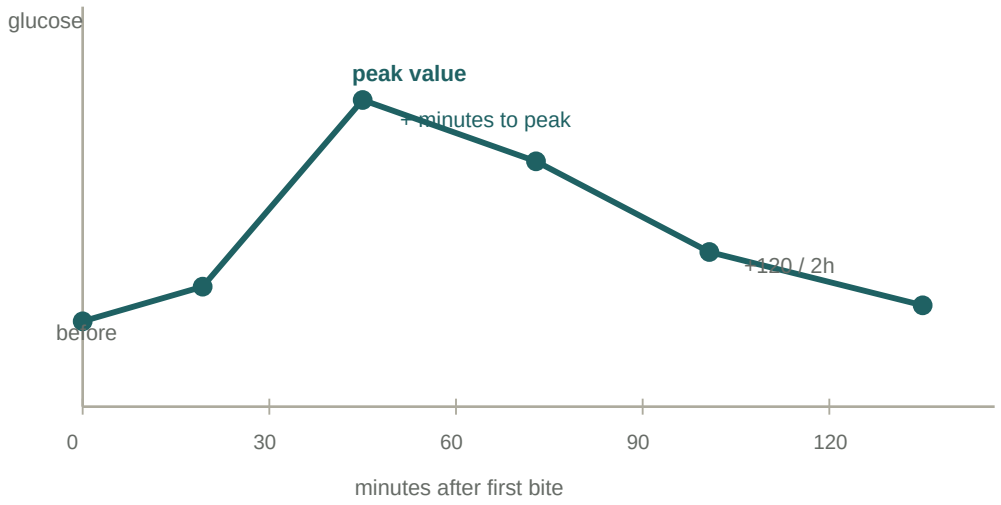
Use clinical judgment, not graph anxiety

CGM measures interstitial glucose and can lag blood glucose. The first 12-24 hours can be noisy, and compression lows or sensor artifacts happen. Look for repeatable patterns.

1. How to read one food response

The CGM question is concrete: what did I eat, when did glucose rise, how high did it go, and how long did it take to settle?

One meal curve



Record these five things

Before	Glucose just before eating or first bite.
30/60/90/120	Snapshot values. Use the app curve if exact times are imperfect.
Peak @ min	Highest value and how many minutes after eating.
Return	Back near pre-meal? If yes, about how long?
Context	Sleep, stress, exercise, alcohol, restaurant, speed, portion.

Artifact check before you over-interpret

- First sensor day / loose sensor?
- Compression low while sleeping?
- Meal time logged wrong?
- Illness, unusual stress, poor sleep?
- One-off result - repeat before acting

Good target for this worksheet

Not perfect glucose. Useful patterns: foods that predictably spike you, combinations that flatten the curve, and context that makes the same meal behave differently.

2. Food response log | entries 1-6

Use one row per meal, snack, drink, restaurant meal, workout, or "why did my graph do that?" moment.

#	Date	Start	Food / amount / drink	Before	+30	+60	+90	+120	Peak @ min	Context	Lesson / repeat of #?
1											
2											
3											
4											
5											
6											

Tip: if the app already shows the exact curve, use the row for the practical lesson and save the screenshot.

3. Food response log | entries 7-12

Use one row per meal, snack, drink, restaurant meal, workout, or "why did my graph do that?" moment.

#	Date	Start	Food / amount / drink	Before	+30	+60	+90	+120	Peak @ min	Context	Lesson / repeat of #?
7											
8											
9											
10											
11											
12											

Tip: if the app already shows the exact curve, use the row for the practical lesson and save the screenshot.

4. Food response log | entries 13-18

Use one row per meal, snack, drink, restaurant meal, workout, or "why did my graph do that?" moment.

#	Date	Start	Food / amount / drink	Before	+30	+60	+90	+120	Peak @ min	Context	Lesson / repeat of #?
13											
14											
15											
16											
17											
18											

Tip: if the app already shows the exact curve, use the row for the practical lesson and save the screenshot.

5. Food response log | entries 19-24

Use one row per meal, snack, drink, restaurant meal, workout, or "why did my graph do that?" moment.

#	Date	Start	Food / amount / drink	Before	+30	+60	+90	+120	Peak @ min	Context	Lesson / repeat of #?
19											
20											
21											
22											
23											
24											

Tip: if the app already shows the exact curve, use the row for the practical lesson and save the screenshot.

6. Deep dive: one meal worth understanding

Use this when a food is surprising, important, or something you actually want to keep eating.

The food/event

Date + start time

Where / context

What I ate or drank

Portion / ingredients / add-ons

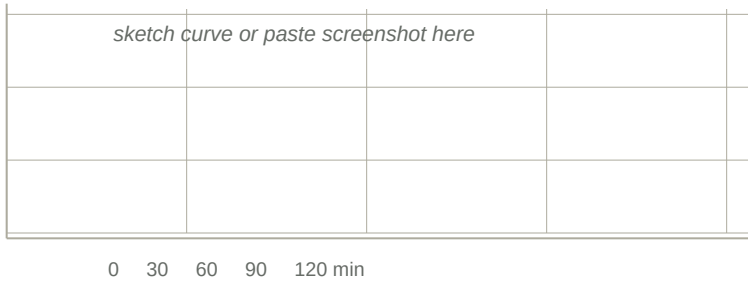
Screenshot or curve notes

Numbers from the curve

Before	+30	+60	+90

+120	Peak value	Peak minute	Back near baseline?

Curve shape / screenshot notes



What I would test next

7. Compare two tries: same food, one change

This is the anti-random-spike page. Repeat the food and change one lever so the result means something.

A/B test 1: walk, order, or portion

Same meal: no walk vs 10-20 min walk; carbs first vs protein/fiber first; usual vs half portion.

Try A / usual version			Try B / changed version		
Food + amount			Food + amount		
Start / before	Peak @ min	2h / return	Start / before	Peak @ min	2h / return
	pla				

A/B test 2: timing or context

Same item: dinner earlier vs later; coffee fasted vs with food; good sleep vs poor sleep.

Try A / usual version			Try B / changed version		
Food + amount			Food + amount		
Start / before	Peak @ min	2h / return	Start / before	Peak @ min	2h / return
	pla				

8. Pattern board: what did the CGM teach you?

Turn the log into a few usable defaults. The goal is not a perfect graph; it is a smarter next meal.

Foods that were easy on my curve

Foods that spiked me more than expected

Combos that helped

Surprises / things to retest

Context tags that seemed to matter

poor sleep	high stress	late dinner	restaurant meal
alcohol	hard workout	no walk	walk helped
fasted caffeine	larger portion	carbs first	protein/fiber first

My default meals / moves to keep

1.

2.

3.

9. Bring this to your CareCore review

The most useful handoff is a short list of repeated patterns and the 2-3 screenshots that prove them.

Clinical summary

Most repeatable pattern

Most useful change

Concern or abnormal pattern to review

Questions for CareCore

Attach or show

- [ ] 2-3 food-log rows with screenshots
- [ ] One repeated A/B test, if available
- [ ] Any repeated fasting or 2-hour abnormality
- [ ] Symptoms, lows, or sensor concerns
- [ ] The pattern board from page 9

Selected source anchors

* Personalized post-meal responses vary widely between people: Zeevi et al., Cell 2015; Berry et al., Nature Medicine 2020.
* CGM pattern heterogeneity in people without diabetes has been described: Hall et al., PLoS Biology 2018.
* Meal order, carbohydrate-last strategies, and post-meal walking can affect postprandial glucose in trials/reviews; effects vary by person and context.
* Consensus CGM metrics come mostly from diabetes care; this worksheet uses the language for learning, not diagnosis.

Clinical boundary

This worksheet is educational and does not replace individualized medical advice. Do not change medication or ignore symptoms based on CGM data without clinician guidance.