

SCIENTIFIC JOURNAL OF CGM EXPERIMENTS

(Please print and make notes here.)

	Experiment Description	Observations
Breakfast of Champions?	<ul style="list-style-type: none">• Morning 1: Eat cereal, wait two hours.• Morning 2: Eat only eggs and bacon, wait two hours. What do you notice?	
Are bananas as healthy as you think?	<ul style="list-style-type: none">• Eat a banana, wait two hours.• After two hours, eat a half or small Snickers bar. What do you notice about the numbers on your CGM?	
Late night snack	<ul style="list-style-type: none">• Night 1: Eat a treat (like a scoop of ice cream) right before bed.• Night 2: Stop eating 2 hours before bed. <p>Make notes about what you see at bedtime and in the morning.</p>	
Food order	<ul style="list-style-type: none">• At your next meal, start with the protein on your plate and follow with veggies and carbs.• The following meal (which should be the same portion size as the first), start with carbs, follow with veggies and protein. What do you notice?	
Which potato wins?	<ul style="list-style-type: none">• Try 1 medium sized baked sweet potato one night,• Try 1 medium sized regular baked potato another night. <p>Make notes each night and note the difference.</p>	

White rice vs. brown rice	<ul style="list-style-type: none">• Include a half cup of white rice with one meal.• Include a half cup of brown rice in your next meal. Make a note about the different numbers on your CGM.
Post-meal walk	Take a 10-15 minute activity break after your next meal (walking or dancing). Make a note about your CGM observations.
Soda vs. juice	<ul style="list-style-type: none">• Drink a 12 oz non-diet soda and observe.• Then drink a 12 oz orange juice and observe.
Simple carbs vs. complex carbs	<ul style="list-style-type: none">• Eat hard candy and observe.• Then eat a half donut or donut hole and observe.
Snack foods	<ul style="list-style-type: none">• Eat pretzels and observe.• Eat peanuts and observe.
Insulin (if you use it)	Before or after a meal dosing or AM vs PM for basal insulin. Observe CGM and make a note.
Portion size	<ul style="list-style-type: none">• Pizza night 1: Eat two slices of pizza.• Pizza night 2: Eat three slices of pizza. How do your CGM readings differ?
Store bought vs home made	Eat the store-bought version of a food one night, then make it yourself the next night. (Make sure the portions are similar.)