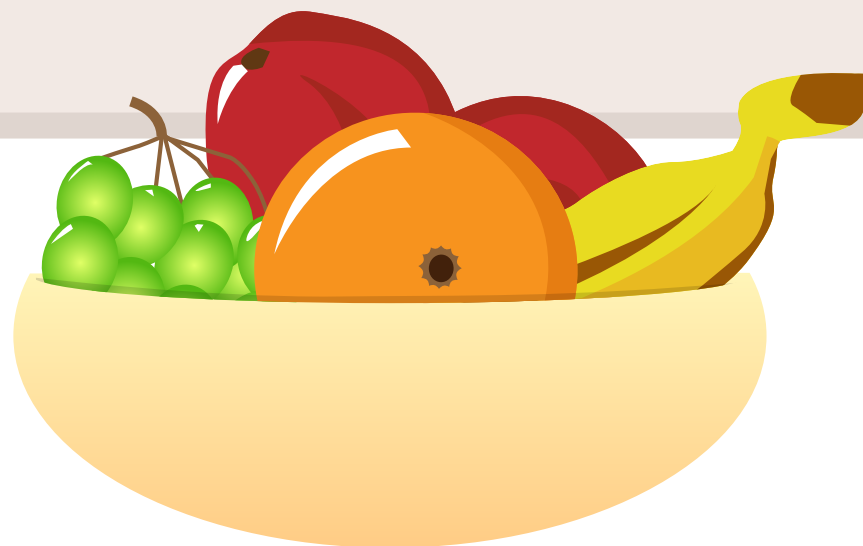# 90% Time In Range

Eating plenty of Carbs

#type1diabetes

one

I prioritize **whole plant based foods** that are naturally rich in carbohydrates
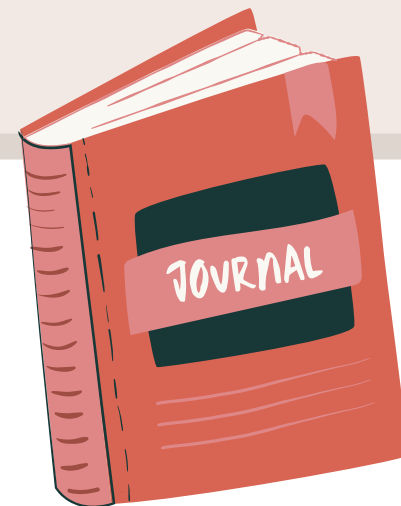
(I average 650 grams of carbs a day)

two

I keep my fats low-ish (5-15% of total daily calories), mostly from whole sources such as chia seeds and flax seeds
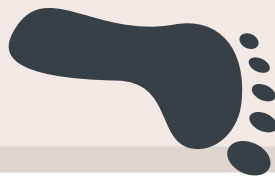
three

I keep track of everything I eat, the bolus, and the C:I Ratio, implementing a "decision tree" to guide my actions
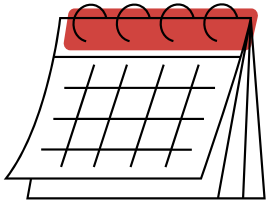
JOURNAL

four

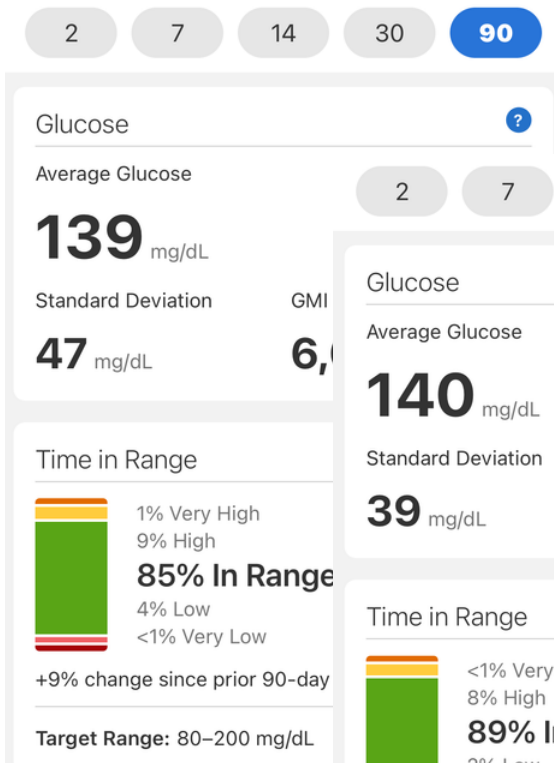I move constantly, especially after meals (even a short walk works wonderfully!)

five

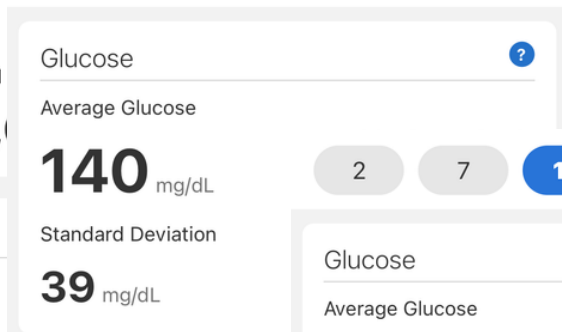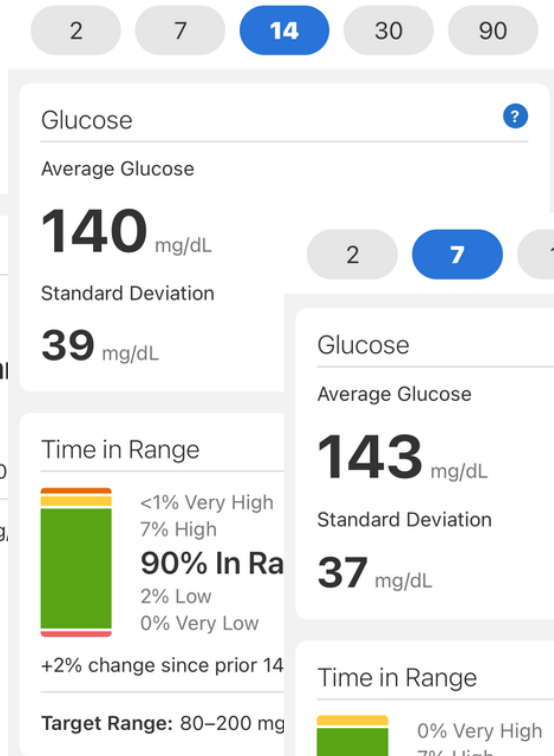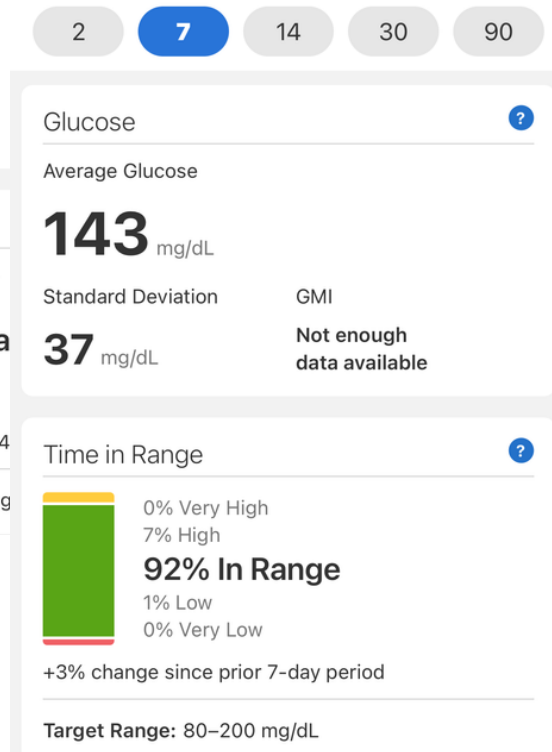I eat slooooow, chewing a lot and **loving** each bite

Last 90 days...

Last 30 days...

Last 14 days...

Last 7 days...

Last 90 days panel:

| 2 | 7 | 14 | 30 | **90** |

Glucose

Average Glucose

139 mg/dL

Standard Deviation — 47 mg/dL   GMI — 6,...

Time in Range

- 1% Very High
- 9% High
- **85% In Range**
- 4% Low
- <1% Very Low

+9% change since prior 90-day

Target Range: 80–200 mg/dL

Last 30 days panel:

| 2 | 7 | 14 | **30** | 90 |

Glucose

Average Glucose

140 mg/dL

Standard Deviation

39 mg/dL

Time in Range

- <1% Very High
- 8% High
- **89% In Ra...**
- 2% Low
- 0% Very Low

+2% change since prior 30

Target Range: 80–200 mg/...

Last 14 days panel:

| 2 | 7 | **14** | 30 | 90 |

Glucose

Average Glucose

140 mg/dL

Standard Deviation

39 mg/dL

Time in Range

- <1% Very High
- 7% High
- **90% In Ra...**
- 2% Low
- 0% Very Low

+2% change since prior 14

Target Range: 80–200 mg...

Last 7 days panel:

| 2 | **7** | 14 | 30 | 90 |

Glucose

Average Glucose

143 mg/dL

Standard Deviation — **37** mg/dL   GMI — Not enough data available

Time in Range

- 0% Very High
- 7% High
- **92% In Range**
- 1% Low
- 0% Very Low

+3% change since prior 7-day period

Target Range: 80–200 mg/dL
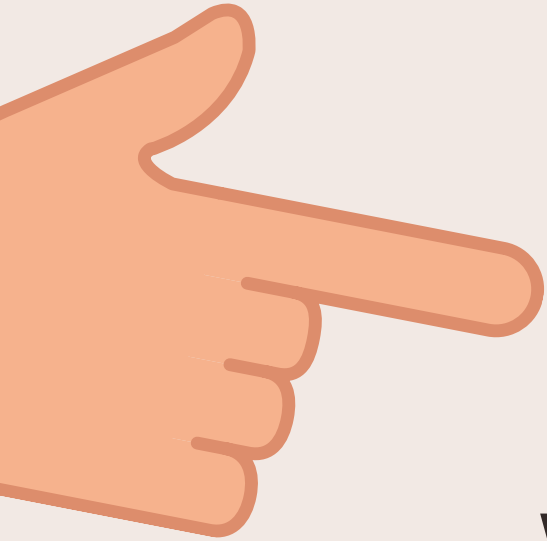
To recap:

- Whole, plant-based, carb-rich foods 👍 Processed fats👎

- Tracking everything on a pen-and-paper Decision Tree to guide my decisions

- Move a lot, eat slowly, savour every single bite of deliciousness

- Carbs (the right ones!) are the key to my blood glucose stability

Follow my journey!
Weekly articles on my blog

www.thecuriousdiabetic.com