Low Carb" QUEST Peanut Bar - TEST by Boulder Very Low Carb Diabetes Support Group October 2011	Type I or Type II?	Insulin/ Medications	Did you Exercise?	Blood Sugars Fasting	Blood Sugars 10:30 AM	Ate Energy Bar	Blood Sugars 11:30 AM	Blood Sugars 12:30 PM	CHANGE (FROM 10:30 AM to 11:30 AM)				
Barry - Using Glucoscan Glucometer	1.5	None	No	111	124	Yes	176	107	52	Breakfast before 8 AM; Kefir Protein Drink with Blueberries			
Barry - Using Accucheck Glucometer	1.5	None	No	91	108	Yes	150	112	42	Breakfast before 8 AM; Kefir Protein Drink with Blueberries			
Barry - Using Relion Gluocmeter	1.5	None	No	NA	98	Yes	148	108	50	Breakfast before 8 AM; Kefir Protein Drink with Blueberries			
Chris	2	None yet today (normally takes insulin and Amylin)	NO (though I exercise on average 50 minutes a day)		190	Yes	203	186	13	(Normal fasting blood sugars 135-150. Normal pre-lunch blood sugars are 108-118) Note that I ate a large steak last night, in case the affects my blood sugars			
Glenn	2		No	103	151	Yes	128	120	-23	Don't remember when I ate breakfast, but that "Start" level of 151 indicates it wasn't very long ago.			
David	2	None	No	84	73	Yes	107	98	34				
Nola	2		No	118	118	Yes	157	124	39	Bar is not a flavor I like, texture a bit too chewy It caused a rise in blood glucose that I wouldn't have expected if it was truly 21 grams of carbohydrate minus 17 grams fiber equals 4 grams carbohydrate. Or assuming that fiber causes half the sugar rise of non-fiber carbs, that would be 21 total grams of carbs minus 8 non-digestible carbs, or 13 grams of carbs. I wouldn't have expected this to make my blood sugars rise so much. This is like eating a plain slice of bread without any protein, a no-no for me.			
Marilyn	1	1 humalog after 10:30 AM test, and 1 1/2 humalog after 11:30 test	No	69	147	Yes	203	212	56	No peanut pieces. Do not like lingering after taste. Tastes too sweet.			
Jeff	1	2 units of humalog at 10:15 to accommodate Quest Bar as a dosage of 10 carbs (printed label says it's net 4 grams, but David Mendosa says to count each "fiber" carb as 1/2 carb)		80	111	Yes	124	90	13	12:10 PM low means I drank 12 carbs worth of juice. Also, I'm getting a cold which could affect blood sugar levels.			
Shelley	1.5	None	Yes (30 minutes jogging)	90	96	YES	107	103	11	I'm guessing that my blood sugars were still on the way down after exercising, since exercise generally makes them go up around 20 - 50 points, and then fairly quickly back down, and I exercised less than an hour before taking this carb challenge. That might explain why the rise I see isn't as noticeable.			
John				98	164	YES	148	138	-16				
Paul				85	118	YES	164	169	46	Have not taken Januvia yet today; Breakfast was 2 teaspoons peanut butter, and a cup of decaf green tea. Did NOT follow protocol!			