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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
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Ashford, Middlesex
TW15 3AA
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Guildford Road
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KT16 0PZ.
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Website: www.ashfordstpeters.nhs.uk

3 Day Food and Insulin Diary for Annual Review Paediatric Diabetes Department

Name:

Hospital Number:



Completing the Food Diary

Step 1: Food and Drink

Record everything you eat and drink, including:

- 1) All meals and snacks
- 2) Weights or household measures (e.g. ½ tin or 1 tablespoon) of the food and drink eaten
- 3) Estimated carbohydrate content of your food and drink if you are carbohydrate counting
- 4) Record how the food is cooked – grilled, boiled, fried

Use food labels and/or the Carbohydrate Content of Foods Book to help you.

Step 2: Physical Activity

Record any activity you do, including the intensity and duration of the activity.

Physical activity generally lowers your blood glucose levels, and so the amount of insulin you take may change on days when you are active.

Step 3: Blood Glucose

Record your blood glucose levels for each of the following:

- 1) Before **ALL** of your meals
- 2) Before bed (*this is needed to determine if the amount of long acting insulin or basal insulin if you are on a pump, given is correct*)
- 3) Any other time you feel it is necessary e.g. hypos

Step 4: Insulin

Record the amount and type of insulin every time you give it.

On completion of the food diary, please return to:

Paediatric Dietitians
Dietetics Department
St Peter's Hospital
Guildford Road
Chertsey
Surrey
KT16 0PZ

OR email: asp-tr.generalpaeddiabetes@nhs.net

Tel: 01932 722202

Useful Websites

www.bda.uk.com

www.diabetes.org.uk

Further Information

Department of Dietetics, St Peter's Hospital on 01932 722202

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Department: Dietetics

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Day / Date:

Time of Day	Blood Glucose	Insulin dose	Food / Drink / Activity	g Carbs (if Carb counting)	Ratio (if known)

Example of a Completed Food Diary

Time of Day	Blood Glucose	Insulin dose	Food / Drink / Activity	g Carbs (if Carb counting)	Ratio (if known)
7am	7.4	22 units basal 6 units rapid	2 Weetabix 200ml semi skimmed milk 1 slice toast cup of tea with milk	28g 10g 15g -	1:9
12pm	10.8	4 units rapid	Ham & salad sandwich 125g low fat yoghurt 1 apple glass of water	36g 10g 10g -	1:14
5pm			30 minute slow walk		
6pm	11.2	5 units rapid	Spaghetti Bolognese: 200g Bolognese 90g cooked pasta 100g of pears in natural juice	10g 30g 10g	1:10
11pm	10.3				

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