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

ने उगाठुं उरामे सी लेउ वै उं विरध वरवे एम नंघर उे डेन वरवे: 01932 723553

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

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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**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://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.paeddiabetes@nhs.net](mailto:asp-tr.paeddiabetes@nhs.net)

Tel: 01932 723937

### Useful Websites

[www.bda.uk.com](http://www.bda.uk.com)

[www.diabetes.org.uk](http://www.diabetes.org.uk)

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### Further Information

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 Clinical Nurse Leader, 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](mailto: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:** Nutrition and 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 -	<b>1: 9</b>
12pm	10.8	5 units rapid	Ham & salad sandwich 1 bag crisps 125g yoghurt 1 apple glass of water	36g 13g 10g 10g -	<b>1: 14</b>
3.30pm	8.3	2.5 units rapid	Banana 2 biscuits  Swimming lesson for 30mins	17g 20g	<b>1:15</b>
6pm	11.2	5 units rapid	Spaghetti Bolognese: 200g Bolognese 90g cooked pasta 115g Tinned pears in juice	10g 30g 10g	<b>1:10</b>
11pm	10.3				

Day / Date : .....

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

Day / Date : .....

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