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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 کريں: 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
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

Food and Insulin Diary

(For Calculating Carbohydrate Ratios)

Paediatric Diabetes Department

Name:

Hospital Number:



Completing the Food Diary

In order to calculate your carbohydrate ratios you will need to keep an accurate record of the following:

Step 1: Food and Drink

Record everything you eat and drink, including the:

- 1) Amount of the food and drink
- 2) Estimated carbohydrate content of your food and drink

Use food labels and / or the Carbohydrate Content of Foods Booklet 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 given is correct*)
- 3) Any other time you feel it is necessary i.e. hypos

Step 4: Insulin

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

Other Considerations

Illness and stress can affect blood glucose levels, so it is worth recording in the food diary if you are ill or stressed.

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 723937

Useful Websites

www.bda.uk.com

www.diabetes.org.uk

www.coeliac.org.uk

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. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Day / Date:

Time of Day	Blood Glucose	Units of Insulin	Food / Drink / Activity	Carbohydrate Estimation	Ratio

Example of a Completed Food Diary

Time of Day	Blood Glucose	Units of Insulin	Food / Drink / Activity	Carbohydrate Estimation	Ratio
7am	7.4	6 units rapid	2 Weetabix 200ml semi skimmed milk 1 slice of toast cup of tea with milk	28g 10g 15g -	1:9
1pm	10.8	4 units rapid	Ham & salad sandwich 1 bag crisps 125g yoghurt 1 apple glass of water	36g 13g 10g 10g -	1:14
3.30pm	8.3	2.5 units rapid	Banana 2 biscuits Swimming lesson for 30 minutes	17g 20g	
6pm	11.2	5 units rapid	Spaghetti Bolognese:- 200g Bolognese sauce 90g cooked pasta 100g of pears in natural juice	10g 30g 10g	
9pm		22 units basal			
11pm	10.3				

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