

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:

- ✓ Amount of the food and drink
- ✓ 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:

- ✓ Before ALL of your meals
- ✓ Before bed (this is needed to determine if the amount of long acting insulin given is correct)
- ✓ 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.

Time of day	BREAKFAST	Blood Glucose Level	Insulin	CARBS
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Time of day	SNACK	Blood Glucose Level	Insulin	CARBS
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Time of day	DINNER	Blood Glucose Level	Insulin	CARBS
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Time of day	BEFORE BED	Blood Glucose Level	Insulin	CARBS
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Time of day	BREAKFAST	Blood Glucose Level	Insulin	CARBS
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Time of day	SNACK	Blood Glucose Level	Insulin	CARBS
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Time of day	LUNCH	Blood Glucose Level	Insulin	CARBS
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