

## NHS Grampian – Diabetes Food Diary

The diary will enable you to work out the amount of carbohydrate (CHO) you eat and how this affects your blood glucose (BG) level. Please record how you have calculated the CHO you have eaten.

- Please record as much detail as possible. Remember there is no need to change your usual diet. Simply record everything you eat over the course of a day.
- Please test your BG level before meals and before bed. **Also carry out one BG level between 2-3am throughout the week.**
- If possible **weigh out your portion sizes**. This is the only way of accurately assessing the amount of CHO eaten.
- If not possible to weigh, use household measures to describe the portion size e.g. teaspoon of jam
- Read food labels carefully – remember to look at total amount of CHO in your serving
- Add up all CHO in your meal, snack or drink and record it as total CHO in the CHO column. Do not round the CHO value up or down.
- Please record how much insulin you have taken in the insulin dose columns. QA = quick acting insulin e.g. Apidra, Humalog, Novorapid. BI = background insulin e.g. Lantus, Levemir, Insulatard, Humulin I
- Please record and physical activity, hypos or symptoms in the comments section e.g. headache, gym 5-6pm

DIABETES DIETITIANS    Diabetes Clinic    JJR Macleod Centre for Diabetes,    Endocrinology & Metabolism    David Anderson Building

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**Example:**

Date: Monday 22<sup>nd</sup> February

Time	8am		12.30pm		3pm		6.30pm		8pm		10pm	
Meal or Snack (incl drinks)	2 Weetabix	24	80g Bread roll	35	Medium banana	20	Roast pork	0	Small apple	10	2 Digestives	20
	100ml Milk	5	Margarine	0	Glass sugar free squash	0	Tblspn apple sauce	5			Coffee with 2 sugars and 50ml milk	12
	3 slices thick bread	54	3 Slices Ham	0			3 small roast potatoes	30				
	Margarine	0	Lettuce	0			2 Scoops mash potato	20				
	3 teaspoons jam	30	Tomato	0			2 Tablespoons thick gravy	5				
	Tea with 50ml Milk	2.5	Cucumber	0			2 Tablespoons peas	0				
			2 Satsumas	10			1 glass white wine	0				
			Penguin biscuit	15								
			Diet Cola	0								
How did you calculate CHO	Weighed. Used tsp/measuring jug		Guessed bread roll weight using CHO book		Guessed banana		Table spoon and egg sized potatoes					
CHO (g)	115.5		60		20		60		10		32	
<b>BG</b>	<b>8.9</b>		<b>15.3</b>		<b>4.5</b>		<b>9.0</b>		<b>11.2</b>		<b>7.8</b>	
QA (units)	11		6 +2				6				3	
BI (units)											24	
Comments	Woke up with headache				Housework 2-3pm stopped as feeling shaky							

















