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

Example:

Date: Monday 22nd February

Time	8am		12.30pm		3pm		6.30pm		8pm		10pm	
Meal or Snack (incl drinks)	2 Weetabix 100ml Milk 3 slices thick bread Margarine 3 teaspoons jam Tea with 50ml Milk	24 5 54 0 30 2.5	80g Bread roll Margarine 3 Slices Ham Lettuce Tomato Cucumber 2 Satsumas Penguin biscuit Diet Cola	35 0 0 0 0 0 10 15 0	Medium banana Glass sugar free squash	20 0	Roast pork Tblspn apple sauce 3 small roast potatoes 2 Scoops mash potato 2 Tablespoons thick gravy 2 Tablespoons peas 1 glass white wine	0 5 30 20 5 0 0	Small apple	10	2 Digestives Coffee with 2 sugars and 50ml milk	20 12
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	
BG	**8.9**		**15.3**		**4.5**		**9.0**		**11.2**		**7.8**	
QA (units)	11		6 +2				6					
BI (units)											3	
Comments	Woke up with headache				Housework 2-3pm stopped as feeling shaky							

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Meal or Snack (incl drinks)												
How did you calculate CHO												
CHO (g)												
BG												
QA (units)												
BI (units)												
Comments												

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Meal or Snack (incl drinks)												
How did you calculate CHO												
CHO (g)												
BG												
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BI (units)												
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