

Day 7	Blood Glucose Before Meal	Food Eaten	Grams of Carbohydrate	Insulin
Breakfast				
Mid morning				
Lunch				
Mid Afternoon				
Dinner				
Evening				

James Paget University Hospitals **NHS**

NHS Foundation Trust

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Carbohydrate Diary

Name: _____

HOW TO FILL IN YOUR FOOD DIARY

1. Please record all food and drink consumed
2. Remember to include all snacks
3. Estimate the carbohydrates in the food consumed
4. Test and record your blood glucose before food
5. Consider how the carbohydrate you eat affects your blood glucose
6. Consider how much insulin you take for the carbohydrates you eat

Day 5	Blood Glucose Before Meal	Food Eaten	Grams of Carbohydrate	Insulin
Breakfast				
Mid morning				
Lunch				
Mid Afternoon				
Dinner				
Evening				

Day 2	Blood Glucose Before Meal	Food Eaten	Grams of Carbohydrate	Insulin
Breakfast				
Mid morning				
Lunch				
Mid Afternoon				
Dinner				
Evening				

Day 1	Blood Glucose Before Meal	Food Eaten	Grams of Carbohydrate	Insulin
Breakfast				
Mid morning				
Lunch				
Mid Afternoon				
Dinner				
Evening				

Day 6	Blood Glucose Before Meal	Food Eaten	Grams of Carbohydrate	Insulin
Breakfast				
Mid morning				
Lunch				
Mid Afternoon				
Dinner				
Evening				

Day 3	Blood Glucose Before Meal	Food Eaten	Grams of Carbohydrate	Insulin
Breakfast				
Mid morning				
Lunch				
Mid Afternoon				
Dinner				
Evening				

Day 4	Blood Glucose Before Meal	Food Eaten	Grams of Carbohydrate	Insulin
Breakfast				
Mid morning				
Lunch				
Mid Afternoon				
Dinner				
Evening				