

## Nutrition and Dietetics

# Carbohydrate Counting Food Diary

**Name:**

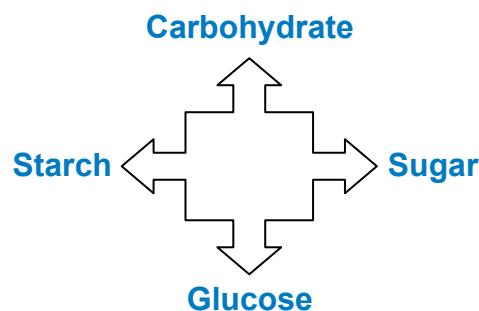
**Date issued:**

**Contact Telephone No:** 01422 222033

**Email:** [cah-tr.diabetesdietitians@nhs.net](mailto:cah-tr.diabetesdietitians@nhs.net)

### Completing the Carbohydrate Food Diary

1. Check blood glucose pre meal and write this in the first blank column of the diary.
2. Write down what food or drink taken in the second blank column of diary providing as much detail as you can and including volume or weight if relevant.
3. Identify carbohydrate containing foods / foods that affect blood glucose levels.



#### Starchy Foods

Bread  
Potatoes  
Cereals  
Pasta  
Rice  
Noodles

#### Naturally Sweet Foods

Milk and Milk Products  
Fruit and Fruit Juice

#### Sugary Foods

Biscuits  
Cakes  
Sweets  
Chocolate  
Sweet Puddings

4. Identify non carbohydrate containing foods / foods that do not affect blood glucose

#### Protein

Fresh Meat  
Fresh Eggs  
Fresh Fish

#### Fat

Oil  
Butter / Margarine  
Cheese

5. Work out the total carbohydrate content of the meal / snack you are consuming and write this number of grammes in the third column of the diary being as accurate as you can.
6. Record the dose of quick acting insulin you have taken in the fourth column. Please note this should not be changed unless discussed with whoever prescribes your insulin unless they have discussed dose adjustment with you.
7. Please record activity or any comments that may be relevant such as being unwell or hypo in the final column of the diary.

## Tips for completing your food diary

- Write down all you eat and drink
- Use a different page for each day
- Try to describe the amount/ weight of food actually eaten in one of the following ways:
  - Actual weight e.g. 2oz ham or 26g packet of crisps.
  - House hold measures e.g. 1 level teaspoon, 1 teacup, 1 mug full, a match box size piece of cheese, an egg size potato.
  - Per item e.g. 3 ginger biscuits, 2 weetabix.
- Try to be specific about the description e.g. is it white, wholemeal or granary bread.
- Alcohol: No need to count the carbohydrate in alcoholic drinks.
- Labels: Remember to look at the TOTAL amount of carbohydrate not just the sugars.

## Example

Time	Pre meal blood glucose level	Food / Drink	Carbohydrate Content (g)	Insulin Units Given	Activity/ Comments
<b>Breakfast Time:</b> 7am	6.6	Branflakes (30g) with 220ml semi skimmed milk 200ml glass orange juice	25 10 20	5	7.30am 10 min walk to paper shop
<b>Mid-morning Time:</b> 10.30am	5.8	1 medium banana	15	2	

Date: \_\_\_\_\_

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Breakfast Time:					
Mid- morning Time:					
Lunch Time:					
Mid- Afternoon Time:					
Evening Meal Time:					
During Evening Time:					
Supper Time:					

Date: \_\_\_\_\_

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Evening Meal Time:					
During Evening Time:					
Supper Time:					

Please return diary via email:

[cah-tr.diabetesdietitians@nhs.net](mailto:cah-tr.diabetesdietitians@nhs.net)

Or by post to:

Diabetes Dietitians,  
Diabetes Centre,  
Calderdale Royal Hospital  
Salterhebble,  
Halifax  
HX3 0PW

If you have any comments about this leaflet or the service you have received you can contact :

Diabetes Centre  
Calderdale Royal Hospital

Telephone No: 01422 222033

[cah-tr.diabetesdietitians@nhs.net](mailto:cah-tr.diabetesdietitians@nhs.net)

[www.cht.nhs.uk](http://www.cht.nhs.uk)

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce,  
obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych  
informacji w innym formacie lub wersji językowej,  
prosimy skontaktować się z nami, korzystając z ww.  
danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"