

Food Record

When I write in my food record, I make sure to:

- Include everything I eat or drink in the greatest detail possible (including sauce, condiments, etc.);
- Estimate each food's carb content as accurately as I can;
- Indicate the time I eat my meal or snack at;
- Log separately the amounts of rapid-acting insulin I take to cover carbs (prandial bolus) and to bring my blood sugar within my target range (correction bolus).

TIME e.g., 7:30	BLOOD SUGAR (mmol/L)		CONTENT OF MEAL <u>OR</u> SNACK			INSULIN (units)	
	Before meal e.g., 12.7	After meal (2hs) e.g., 9.8	Food e.g., sliced bread (whole wheat)	Serving e.g., 2 slices	Relevant carbs e.g., 28 g	To cover carbs e.g., 3	To bring blood sugar within target rang (correction) e.g., 1

DATE :

TIME	BLOOD SUGAR		FOOD	SERVING	RELEVANT CARBS	INSULIN	
	before meal	after meal (2 hrs)				To cover carbs	To bring blood sugar within target range
Total carbs =						Total insulin administered =	
Total carbs =						Total insulin administered =	
Total carbs =						Total insulin administered =	