

Writing a Food Diary

Keeping a detailed food diary gives us information to help you better manage your diabetes.

How to write a food diary

1. Eat the way you normally eat. Do not change your eating habits.
Write down everything that you eat and drink on the following pages.
2. Include your blood sugar results and insulin doses in the left-hand column.
Remember to record your carbohydrate treatment for hypoglycaemia on the food diary as well.
3. Write things down right after you eat.
4. Write down the amount of food you ate. Be specific, such as 1 cup or 250 ml of Honey Nut Cheerios with ½ cup or 125 ml 2% milk.
5. **Details count!** Describe the food in as much detail as you can.
 - Include brand names if appropriate.
 - Describe cooking methods.
 - Use measuring cups, spoons or a scale whenever possible.
 - Include the extra items added to foods, for example sugar, cream, salt or sauces.

Some helpful tools:

- a set of dry measuring cups and spoons (for foods such as cereal)
- a liquid measuring cup (for liquids such as milk)
- meal planning “poster”
- food labels
- restaurant guides (many available online)
- calculator

Food Diary

Date: _____

	Food/drink and amount	Carbs (g)
Time:	Breakfast	
Blood Sugar:		
Insulin Dose:		
2 hr Blood Sugar:		
		Total
Time:	Snack	
Blood Sugar:		
Insulin Dose:		
		Total
Time:	Lunch	
Blood Sugar:		
Insulin Dose:		
2 hr Blood Sugar:		
		Total
Time:	Snack	
Blood Sugar:		
Insulin Dose:		
		Total
Time:	Supper	
Blood Sugar:		
Insulin Dose:		
2 hr Blood Sugar:		
		Total
Time:	Snack	
Blood Sugar:		
Insulin Dose:		
		Total

Midnight Blood Sugar:

3:00 am Blood Sugar:

Notes – exercise, stress, illness, other: _____

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