

Department of Nutrition and Dietetics
Patient Information

 Health & care
information
you can trust

The Information Standard  Certified
Member

Information

Your Food, Blood Glucose and Insulin Diary

Name:

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

Please remember to bring this diary with you to your next appointment with the Dietitian and Diabetes Nurse Specialist.

By keeping a diary of your food intake, blood glucose levels and insulin doses you should be able to identify patterns in your blood glucose results and be able to make insulin dose adjustments to help you to achieve better blood glucose control. Your diary provides feedback on how your blood glucose responds to eating different foods, physical activity, stress, illness, and for women, changes in your menstrual cycle.

Recording your food and drink intake

Make a note of everything that you eat and drink. Try to be as specific and descriptive as possible. Record the time that you eat/drink, the type of food or drink eaten (e.g. wholemeal bread), the way in which the food is cooked or prepared (e.g. toasted and spread with margarine) and try to judge the amount you eat or drink by either weighing or measuring the food or drink, or by estimating your portion size using household measures (e.g. 1 slice, 1 cup, 1 tablespoon, etc.).

PLEASE RECORD IN BLACK INK

Carbohydrate intake

Record how much carbohydrate you have eaten for each meal or snack in grams.

Blood glucose readings

Try to test at least 4 times a day (e.g. before each meal and before going to bed). To try to get a more complete picture of your blood glucose responses, try testing 2-3 hours after meals, before and after physical activity and during the night.

Bolus insulin

Record the amount in units of bolus (short-acting) insulin that you have injected to match the amount of carbohydrate you have eaten or drunk.

Basal insulin

Record the amount in units of basal (long-acting) insulin injected each day. This is needed along with your bolus insulin doses when working out your individual insulin to carbohydrate ratio (the amount of insulin needed to cover a given amount of carbohydrate) and correction boluses (extra insulin given to correct high blood glucose levels above target).

Comments

This is you to record:

- any physical activity that you do, including the type, duration and intensity (e.g. walked briskly with dog for 30 minutes)
- if you have to treat any 'hypos'
- any other factors affecting your blood glucose level (e.g. stress, illness, periods, etc.)
- if any correction boluses are needed to correct high blood glucose levels above target

Date:

Day:

Time	Blood glucose (mmol/l)	Food and Drink eaten (please include type of food, amount and cooking method used)	Carbo-Hydrate (grams)	Bolus insulin (units)	Basal insulin (units)	Comments
7 am	7.0	All bran (30g) with semi skimmed milk (200ml) and 2 medium cut slices of wholemeal toast with margarine and 2 teaspoons of jam	70g	7	-	
9:30am	6.8	1 large apple	20g	2	-	
2pm	6.4	2 slices of granary bread spread With margarine, 1 slice of ham And lettuce and 1 pot of Weight Watchers fat free yoghurt	40g	4	-	
6pm	5.6	9 tablespoons of cooked pasta with 150ml Homepride creamy mushroom Sauce, 1 bowl (100g) of tinned Peaches in juice and 1 scoop (50g) of ice cream	90g	9	-	
7:40pm	3.1	100ml Lucozade	20g	-	-	Hypo treated
8pm	14.2	1 meat sandwich	40g	-	-	
11pm	7.8	-	-	-	28	Went to bed

Date:

Day:

Time	Blood glucose (mmol/l)	Food and Drink eaten (please include type of food, amount and cooking method used)	Carbo-Hydrate (grams)	Bolus insulin (units)	Basal insulin (units)	Comments

Date:

Day:

Time	Blood glucose (mmol/l)	Food and Drink eaten (please include type of food, amount and cooking method used)	Carbo-Hydrate (grams)	Bolus insulin (units)	Basal insulin (units)	Comments

Date:

Day:

Time	Blood glucose (mmol/l)	Food and Drink eaten (please include type of food, amount and cooking method used)	Carbo-Hydrate (grams)	Bolus insulin (units)	Basal insulin (units)	Comments

Date:

Day:

Time	Blood glucose (mmol/l)	Food and Drink eaten (please include type of food, amount and cooking method used)	Carbo-Hydrate (grams)	Bolus insulin (units)	Basal insulin (units)	Comments

Date:

Day:

Time	Blood glucose (mmol/l)	Food and Drink eaten (please include type of food, amount and cooking method used)	Carbo-Hydrate (grams)	Bolus insulin (units)	Basal insulin (units)	Comments

Date:

Day:

Time	Blood glucose (mmol/l)	Food and Drink eaten (please include type of food, amount and cooking method used)	Carbo-Hydrate (grams)	Bolus insulin (units)	Basal insulin (units)	Comments

Date:

Day:

Time	Blood glucose (mmol/l)	Food and Drink eaten (please include type of food, amount and cooking method used)	Carbo-Hydrate (grams)	Bolus insulin (units)	Basal insulin (units)	Comments

Date:

Day:

Time	Blood glucose (mmol/l)	Food and Drink eaten (please include type of food, amount and cooking method used)	Carbo-Hydrate (grams)	Bolus insulin (units)	Basal insulin (units)	Comments

Date:

Day:

Time	Blood glucose (mmol/l)	Food and Drink eaten (please include type of food, amount and cooking method used)	Carbo-Hydrate (grams)	Bolus insulin (units)	Basal insulin (units)	Comments

Date:

Day:

Time	Blood glucose (mmol/l)	Food and Drink eaten (please include type of food, amount and cooking method used)	Carbo-Hydrate (grams)	Bolus insulin (units)	Basal insulin (units)	Comments

Date:

Day:

Time	Blood glucose (mmol/l)	Food and Drink eaten (please include type of food, amount and cooking method used)	Carbo-Hydrate (grams)	Bolus insulin (units)	Basal insulin (units)	Comments

Date:

Day:

Time	Blood glucose (mmol/l)	Food and Drink eaten (please include type of food, amount and cooking method used)	Carbo-Hydrate (grams)	Bolus insulin (units)	Basal insulin (units)	Comments

Date:

Day:

Time	Blood glucose (mmol/l)	Food and Drink eaten (please include type of food, amount and cooking method used)	Carbo-Hydrate (grams)	Bolus insulin (units)	Basal insulin (units)	Comments

Date:

Day:

Time	Blood glucose (mmol/l)	Food and Drink eaten (please include type of food, amount and cooking method used)	Carbo-Hydrate (grams)	Bolus insulin (units)	Basal insulin (units)	Comments

Date:

Day:

Time	Blood glucose (mmol/l)	Food and Drink eaten (please include type of food, amount and cooking method used)	Carbo-Hydrate (grams)	Bolus insulin (units)	Basal insulin (units)	Comments

Adapted with kind permission of Salisbury District Hospital

Author: Sandra Hood
Role: Diabetes Dietitian
Publication Date: 03/16
Review Date: 03/19

© 2016 Dorset County Hospital NHS Foundation Trust
Dorset County Hospital NHS Foundation Trust, Williams Avenue, Dorchester, Dorset DT1 2JY
www.dchft.nhs.uk