

# Carbohydrate and blood glucose diary for testing before and hours after meals

Use this diary to:

- Record the **carbohydrate (CHO)** you have with your meals and snacks, what **bolus** insulin you have taken and what your **blood glucose (BG)** levels are. To help, there is space to work out how much carbohydrate is in your meals and to note what activity you have done.
- Try to **spot patterns** in your diabetes control and your weekly routine. This will help you to plan and be confident about managing your diabetes.

Name: \_\_\_\_\_

Blood glucose target before meals:

Blood glucose target  hours after meals:

Bolus insulin type:

Diabetes team contacts: \_\_\_\_\_

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Date	Time/Meal	7.45	10.45	12.30	3.30	6.00	8.30
Monday 02/08	BG before food	6.3	4.2	14.4	-	5.1	8.3
	CHO	50g	15g	40g	30g	65g	30g
	Bolus Insulin	6	1	4+2	2	6	2
	BG <input type="text" value="2"/> hours after food	5.3	-	7.1	5.8	7.2	-

Date	Time/Meal						
	BG before food						
	CHO						
	Bolus Insulin						
	BG <input type="text"/> hours after food						

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	CHO						
	Bolus Insulin						
	BG <input type="text"/> hours after food						

## Notes

Use the boxes below for your carbohydrate calculations or to note any other information relating to your diabetes.

### Food/Carbohydrate calculations

### Activity/Other notes

This information has been produced for SDRí by Registered Dietitians and other relevant health professionals. At the time of publication the information contained within the leaflet was, to the best of our knowledge, correct and up-to-date. Always consult a suitably qualified dietitian and/or your GP on health problems. SDRí cannot be held responsible for how clients/patients interpret and use the information within this resource.

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