

# How to Complete Your Food Record

		Foods Eaten and Portions	Carbs	Insulin Taken (rapid acting)
<b>Basal Insulin: (long acting)</b>	None	2 slices dark rye toast 1 tbsp peanut butter (1.5 tsp on each slice) 2 eggs (pan fried, no oil added) 1 cup skim milk		Meal Bolus: <u>9 u</u> Correction: <u>0 u</u> Total Taken: <u>9 u</u>
<b>BREAKFAST</b>				
Time:	8:00am			
Blood Glucose:	6.0			
2-hr BG:				
Activity:			<b>Total: 30g</b>	
<b>AM SNACK</b>		None		
Time:				
Blood Glucose:				
<b>LUNCH</b>		Turkey Wrap: 1 whole wheat flour tortilla 3 oz sliced turkey, 1 tsp mustard, 1 tsp mayo 2 slices of cheese 1 medium orange		Meal Bolus: <u>9 u</u> Correction: <u>0 u</u> Total Taken: <u>9 u</u>
Time:	12:30pm			
Blood Glucose:	5.5			
2-hr BG:				
Activity:				
<b>PM SNACK</b>		3/4 cup yogurt (source brand) 1/4 cup cottage cheese 1 medium peach sliced		
Time:	3:30pm			
Blood Glucose:				
Activity:			<b>Total: 45g</b>	
<b>DINNER</b>		6 oz steak (tenderloin) BBQ'd 1 medium baked potato 1 cup broccoli (steamed) 2 cup skim milk		Meal Bolus: <u>12 u</u> Correction: <u>2 u</u> Total Taken: <u>14 u</u>
Time:	6:45pm			
Blood Glucose:	10.0			
2-hr BG:				
Activity:				
<b>NIGHT SNACK</b>				
Time:	10:15pm			
Blood Glucose:	6.2			
<b>Basal Insulin: (long acting)</b>	22 units			
<b>Plan</b>				
ICR = 1 unit for every <u>5</u> g of carbs at breakfast		Changes suggested for exercise:		
ICR = 1 unit for every <u>5</u> g of carbs at lunch		- Decrease meal bolus by 50% for meal prior to exercise		
ICR = 1 unit for every <u>5</u> g of carbs at dinner				
ISF (Correction Dose) = 1 unit of rapid will ↓ BS <u>2</u> mmol/L				