

## Advanced Carb Counting Food Record

## Instructions

- 1. Record all foods and beverages for 3 consecutive days; ideally include two days during the week and one day on the weekend. We are interested in days that reflect typical intake, not special occasions or vacations. Please be as accurate as possible.
- 2. Calculate carbohydrates for each meal and record.
- 3. Test and record blood sugar before each meal and before bedtime each night be sure to include the time of the test. Blood sugars taken 2 hours after eating provide additional information, if you are able try to get a couple over the 3 days at different meal times.
- 4. Record all insulin injections (the number of units taken) for bedtime (basal) insulin and meal time or correction insulin under the insulin taken column.
- 5. You can leave the shaded areas; we will review how to complete this information during your individual 1:1 follow up appointment.
- 6. Refer to the example sheet for how to complete the record.



		Foods Eaten and Port	ions Ca	arbs	Insulin Taken (rapid acting)		
Basal					(10)10 0008/		
Insulin:					Meal Bolus:		
Times					Correction:		
Time:		-			Total Taken:		
Blood Glucose:			То	otal:			
2-hr BG:				g			
Activity:							
AM SNACK							
Time:							
Blood Glucose:							
LUNCH							
Time:					Meal Bolus:		
Blood Glucose:					Correction:		
2-hr BG:			То	otal:	Total Taken:		
				g			
Activity:				•			
PM SNACK	-						
Time:							
Blood Glucose:							
DINNER							
Time:					Meal Bolus:		
Blood Glucose:					Correction:		
2-hr BG:			То	otal:	Total Taken:		
				g			
Activity:							
NIGHT SNACK							
Time:							
Blood Glucose:							
Basal Insulin:							
Plan	Plan						
ICR = 1 unit for everyg of carbs at breakfast Changes suggested for exercise:							
ICR = 1 unit for every g of carbs at dinner							
ISF (Correction Dose) = 1 unit of rapid will $\downarrow$ BS mmol/L							



		Foods Eaten and Port	ions	Carbs	Insulin Taken	
Basal						
BREAKFAST					Meal Bolus:	
Time:					Correction:	
Blood Glucose:		-		Total:	Total Taken:	
2-hr BG:				_		
Activity:				g		
AM SNACK						
Time:						
Blood Glucose:		-				
LUNCH						
Time:					Meal Bolus:	
Blood Glucose:					Correction:	
2-hr BG:		-	-	Total:	Total Taken:	
			_	g		
Activity:						
PM SNACK						
Time:						
Blood Glucose:						
DINNER						
Time:					Meal Bolus:	
Blood Glucose:					Correction:	
2-hr BG:				lotal:	Total Taken:	
				g		
Activity:						
Time:						
Blood Glucose:						
Basai Insulin:						
Plan						
ICR = 1 unit for everyg of carbs at breakfast Changes suggested for exercise:						
ICR = 1 unit for everyg of carbs at lunch						
ISE (Correction Dose) = 1 unit of rapid will $ A  BS = mmol/l$						
ISF (Correction Do	ose) = 1 uni					



		Foods Eaten and	d Portions	Carbs	Insulin Taken	
Basal Insulin: BREAKFAST					Meal Bolus:	
Time:	,				Total Takon:	
Blood Glucose:				Total:		
2-hr BG:				_g		
Activity:						
AM SNACK						
Time:	!					
Blood Glucose:	!	 				
LUNCH						
Time:	,				Meal Bolus:	
Blood Glucose:				1.	Correction:	
2-hr BG:				Totai:	Total Taken:	
ļ'	'			g		
Activity:	<u> </u>			<del></del>	 	
	1					
Time:	ļ'	4				
Blood Glucose:	<u> </u>					
DINNER						
Time:	['				Meal Bolus:	
Blood Glucose:		1		Total	Correction:	
2-hr BG:				TUtai.	Total Taken:	
• •• ••	ļ'			g		
	<u> </u>					
Time	<sup>/</sup>					
Blood Glucose:	<u> '</u>					
Racal	ļ'					
Insulin:	<u> </u>					
ICR = 1 unit for $ev\epsilon$	ery go	of carbs at breakfast	Changes suggester	d for exercise	2:	
ICR = 1 unit for every g of carbs at lunch						
ICR = 1 unit for everyg of carbs at dinner						
ISF (Correction Dose) = 1 unit of rapid will $\downarrow$ BS mmol/L						