

East Wellington Diabetes Care Program

Guide for Keeping a Food and Blood Glucose Record

A detailed food and /or blood glucose record is a useful tool to help us help you in your diabetes management. We will use the completed record to assess your current food intake and blood sugars and make suggestions for you to consider.

Write down everything you eat and drink for 3 days (include coffee, tea, pop, etc.) Record the time of the meal or snacks.

If possible record two weekdays and one weekend day.

Try to include:

1. All meals, snacks and beverages and the time eaten.
2. Description of the food. For example: multigrain, 2% milk, canned peaches, pizza toppings, etc.
3. Estimate of amounts of food eaten (cups, grams, tablespoons, ounces, half or whole fruit, etc). Example: 1 cup =tennis ball size, 1 tablespoon=size of thumb, 1 teaspoon=end of thumb, 3 ounces=deck of cards
4. Added food items (cream, sugar, milk, spreads, sauces, margarine, etc)
5. Brand names of the food ie cereals, frozen meals, etc

If you are currently testing your blood sugar at home, please include your blood sugar reading before the meal and 1 to 2 hours after the meal for as many meals as possible.

Helpful Hints:

- Write down what you ate immediately after eating or drinking.
- Use a set of measuring cups and spoons for measuring solid foods.
- Use a liquid measuring cup for measuring liquid

Use resources such as:

- Canada's Food Guide to Healthy Eating
- Canadian Nutrient Values of Common Foods
- Food Labels or Restaurant nutritional guides (many available online)

Questions? Please contact the East Wellington Family Health Team Diabetes Care Program. 519 833 7576 ext 340(Pat-Diabetes Educator Dietitian) or ext 361(Heather-Diabetes Educator Nurse)