

Food diary for diabetes in pregnancy



Please keep a record of what you eat and drink over the next 5 days and bring it to your next clinic appointment.

Why keep a food diary?

Keeping a record of what you eat can help you

- Remember good choices
- See where to make changes
- Find patterns in your blood glucose levels

This helps you and your diabetes team to decide on your treatment options.

Try to include as much information and detail as possible

- Include weight or size of your portion and cooking methods
- Don't forget to include snacks and drinks you have during the day and in the evening, there is space between meals to add these

Make a note of any questions to ask your diabetes team at your next appointment or anything unusual in the comments section.

Targets:

Before breakfast - below 5.3mmol/l

One hour after meals - below 7.8mmol/l

Date

* Shows when to check your blood glucose levels

Time	Food and Drink	Blood Glucose		Comments
		Before Meal	1 hour After Meal	
Breakfast		*	*	
Mid Morning				
Lunch			*	
Mid Afternoon				
Evening Meal			*	
During Evening				

Date

* Shows when to check your blood glucose levels

Time	Food and Drink	Blood Glucose		Comments
		Before Meal	1 hour After Meal	
Breakfast		*	*	
Mid Morning				
Lunch			*	
Mid Afternoon				
Evening Meal			*	
During Evening				

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Evening Meal			*	
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Evening Meal			*	
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Mid Morning				
Lunch			*	
Mid Afternoon				
Evening Meal			*	
During Evening				



What did you think of your care?

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Your views matter



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