



**The Leeds
Teaching Hospitals**
NHS Trust

Carbohydrate Counting Diary



Adult
Therapies

Carbohydrate Counting Diary

Name:

Date:

Writing things down can help you to:

- Keep a record of your progress
- Notice patterns and decide if you want to make changes
- Remember successful changes
- Work out what to do when things go wrong
- Work with your diabetes team to manage your diabetes and develop a treatment plan

My bolus/quick acting (QA) insulin:

My basal /long acting (BI) insulin:

Diabetes Dietitian/Nurse:

Contact Number: 0113 206 5068

Checking your blood glucose levels to help with Carbohydrate Counting

Regular checking can help you identify patterns to see what affects your blood glucose levels.

Usual times to test your blood glucose are as follows:

- **Before breakfast:** to find out what your blood glucose level is when it is least affected by food.
Target level is 5.0 - 7.0mmol/L
- **Before each main meal:** target level is 4.0 -7.0mmol/L
- **Before bed:** to see if you need carbohydrate to adjust up to target level of 5.0 - 9.0mmol/L

To manage your diabetes, you will need to check your blood glucose more often at times when your insulin requirements are changing e.g.

- Driving—by law you need to test before driving. Blood glucose levels must be 5mmol/L or above
- If you are exercising or your work is very strenuous
- When you're unwell
- When you're drinking alcohol
- When you're very stressed
- If you have an infection
- Before menstruation

An example of how to fill in your diary overleaf

Time	Food & Drink (weight/quantity)	Carbs (g)	Blood Glucose (before meal)	QA (unit)	Notes
Breakfast 8.00	2 slices toast with butter Jam (2 teaspoons) Glass of Orange juice (100ml)	30g 10g 10g 50g total	6.4	5	E.g. correction dose / exercise
Mid-am 10.30	Mini Cheddars (25g)	12.5		0	

<i>Time</i>	<i>Food & Drink</i>	<i>Carbs (g)</i>	<i>Blood Glucose (pre meal)</i>	<i>QA (unit)</i>	<i>Notes</i>
<i>Breakfast</i>					
<i>Mid-am</i>					
<i>Lunch</i>					
<i>Mid-pm</i>					
<i>Evening meal</i>					
<i>During evening</i>					
<i>During night</i>					

Time	Food & Drink	Carbs (g)	Blood Glucose (pre meal)	QA (unit)	Notes
<i>Breakfast</i>					
<i>Mid-am</i>					
<i>Lunch</i>					
<i>Mid-pm</i>					
<i>Evening meal</i>					
<i>During evening</i>					
<i>During night</i>					

Time	Food & Drink	Carbs (g)	Blood Glucose (pre meal)	QA (unit)	Notes
<i>Breakfast</i>					
<i>Mid-am</i>					
<i>Lunch</i>					
<i>Mid-pm</i>					
<i>Evening meal</i>					
<i>During evening</i>					
<i>During night</i>					

<i>Time</i>	<i>Food & Drink</i>	<i>Carbs (g)</i>	<i>Blood Glucose (pre meal)</i>	<i>QA (unit)</i>	<i>Notes</i>
<i>Breakfast</i>					
<i>Mid-am</i>					
<i>Lunch</i>					
<i>Mid-pm</i>					
<i>Evening meal</i>					
<i>During evening</i>					
<i>During night</i>					



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



© The Leeds Teaching Hospitals NHS Trust • 2nd edition Ver 1.0
Developed by: Department of Nutrition and Dietetics
Produced by: Medical Illustration Services • MID code: \20240612_006/JG

LN004918
Publication date
06/2024
Review date
06/2027