

FOOD DIARY

Carb ratio	Food and Drink eaten	Portion size or weight or portion	Carbs from 1g conversion or food label	Carbs in portion	Units of insulin given
<u>1:</u>	<u>Breakfast</u> BG				
	<u>Snack (if eaten)</u> BG				
<u>1:</u>	<u>Lunch</u> BG				
	<u>Snack (if eaten)</u> BG				
<u>1:</u>	<u>Tea</u> BG				