**Carb counting reflection sheet**

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| **Food** | **Calculated Carbs (g) in that portion?** | **Number of units of insulin given for that portion** | **What happened to your BG over the next 2 hours? (the same, it rose, it fell)** | **Think about what carbs you will enter the next time you eat that food (more carbs or less carbs)** | **Comments/questions for team** |
| eg: pasta pot | 35g | 7 units | rose | 40g |  |
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