

Greater Glasgow and Clyde
Children's Diabetes Service

Carbohydrate Counting Diary

Name:

EXAMPLE

Date:	Blood Glucose Before	Food Eaten (e.g. amount offered – 1 tablespoon, 1 scoop etc.)
Breakfast Carb Ratio: 6 Sensitivity 4	5.5	<i>Weetabix x 2 with 150 mls milk Orange juice Banana</i>
Snack	8.3	<i>Apple + breadstick Cheese</i>
Lunch Carb Ratio: 8 Sensitivity 4	10.7	<i>Sandwich + ham + cheese Petit filous x 2 Grapes x 16 Digestive</i>
Snack	4.2	<i>Cucumber + Carrot sticks hummus</i>
Evening Meal Carb Ratio: 12 Sensitivity 4	8.8	<i>Roast chicken 3 small potatoes 1 tablespoon peas 1 tablespoon sweetcorn 7 Strawberries Sugar free jelly</i>
Supper Carb Ratio: 24 Sensitivity 8	8.2	<i>1 x thin slice toast + butter 150 mls milk</i>
Levemir Dose	<i>12 units at teatime</i>	

Carbs (grams)	Carb Dose	Blood glucose 2 hours after	Notes
	Correction Dose		
Overnight Glucose Readings			

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Breakfast		
Carb Ratio:		
Sensitivity		
Snack		
Lunch		
Carb Ratio:		
Sensitivity		
Snack		
Evening Meal		
Carb Ratio:		
Sensitivity		
Supper		
Carb Ratio:		
Sensitivity		
Levemir Dose		

Carbs (grams)	Carb Dose	Blood glucose 2 hours after	Notes
	Correction Dose		
28 7 12 15 =62	10u --	6.2	
9 + 4 0 =13	--		Extra digestive for cycle
36 14 12 12 = 74	8.5u 1u	4.2	
0 + 5 3 =8	--		
0 15 (5 each) 3 10 7 0 = 35	2.5u 0.5u		
17 + 0 7 =24	1u --	6.1	
Overnight Glucose Readings	Midnight - 7.3 3am - 6.5		

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Snack		
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Levemir Dose		

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