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| Greater Glasgow and Clyde  Children’s Diabetes Service  Carbohydrate Counting Diary  Name: |

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| **Date:**  EXAMPLE | **Blood Glucose**  **Before** | **Food Eaten (e.g. amount offered – 1 tablespoon, 1 scoop etc.)** | **Carbs**  **(grams)** | **Food**  **Insulin** | **Blood glucose 2 hours after** |
| **Correction Dose** |
| **Breakfast**  **Carb Ratio:**  *6*  **Sensitivity**  *4* | *5.5* | *Weetabix x 2 with 150 mls milk*  *Orange juice*  *Banana* | *28*  *7*  *12*  *15*  ***=62*** | *10u* | *6.2* |
| *---* |
| **Snack** | *8.3* | *Apple*  *breadstick*  *Cheese* | *9*  *4*  *0*  ***=13*** | *----* |  |
| **Lunch**  **Carb Ratio:**  *8*  **Sensitivity**  *4* | *10.7* | *Sandwich + ham + cheese*  *Petit filous x 2*  *Grapes x 16*  *Digestive* | *36*  *14*  *12*  *12*  ***= 74*** | *8.5u* | *4.2* |
| *1u* |
| **Snack** | *4.2* | *Cucumber*  *Carrot sticks*  *hummus* | *0*  *5*  *3*  ***=8*** | --- |  |
| **Evening**  **Meal**  **Carb Ratio:**  *12*  **Sensitivity**  4 | *8.8* | *Roast chicken*  *3 small potatoes*  *1 tablespoon peas*  *1 tablespoon sweetcorn*  *7 Strawberries*  *Sugar free jelly* | *0*  *15 (5 each)*  *3*  *10*  *7*  *0*  ***= 35*** | *2.5u* |  |
| *0.5u* |
| **Supper**  **Carb Ratio:**  *24*  **Sensitivity**  8 | *8.2* | *1 x thin slice toast + butter*  *150 mls milk* | *17*  *0*  *7*  ***=24*** | 1u | *6.1* |
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| **Levemir Dose:** 12 units at teatime  **Notes:** extra digestive biscuit before bike ride mid morning | | | | | |

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| **Correction Dose** |
| **Breakfast**  **Carb Ratio:**  **Sensitivity** |  |  |  |  |  |
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| **Snack** |  |  |  |  |  |
| **Lunch**  **Carb Ratio:**  **Sensitivity** |  |  |  |  |  |
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| **Snack** |  |  |  |  |  |
| **Evening**  **Meal**  **Carb Ratio:**  **Sensitivity** |  |  |  |  |  |
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| **Levemir Dose:**  **Notes:** | | | | | |

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