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| Greater Glasgow and ClydeChildren’s Diabetes ServiceCarbohydrate Counting DiaryName: |

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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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| **Snack** |  |  |  |  |  |
| **Lunch****Carb Ratio:****Sensitivity** |  |  |  |  |  |
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| **Snack** |  |  |  |  |  |
| **Evening****Meal****Carb Ratio:****Sensitivity** |  |  |  |  |  |
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