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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Food and Insulin Diary

(For Calculating Carbohydrate Ratios)

Name:

Hospital Number:

Dietetics Department



Patient Information

Useful Websites

www.bda.uk.com

www.diabetes.org.uk

www.coeliac.org.uk

www.canderel.co.uk

www.splenda.co.uk

www.infantandtoddlerforum.org

www.runsweet.com

Further Information

Department of Dietetics, St Peter's Hospital on 01932 722202

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

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On completion of the food diary, please return to:

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Completing the Food Diary

In order to calculate your carbohydrate ratios you will need to keep an accurate record of the following:

Step 1 Food and Drink

Record everything you eat and drink, including the:

- 1) Weights and measures of the food and drink
- 2) Estimated carbohydrate content of your food and drink

Use food labels and/or the Carbohydrate Content of Foods Booklet to help you.

Step 2 Physical Activity

Record any activity you do, including the intensity and duration of the activity.

Physical activity generally lowers your blood glucose levels, and so the amount of insulin you take may change on days when you are active.

Step 3 Blood Glucose

Record your blood glucose levels for each of the following:

- 1) Before **ALL** of your meals
- 2) Before bed (*this is needed to determine if the amount of long acting insulin given is correct*)
- 3) Any other time you feel it is necessary i.e. hypos

Step 4 Insulin

Record the amount and type of insulin every time you give it.

Other Considerations

Alcohol tends to lower blood glucose levels and can have an effect for up to 24 hours. It is easier to determine your carbohydrate ratio if you avoid alcohol for a few days.

Illness and stress can affect blood glucose levels, so it is worth recording in the food diary if you are ill or stressed.

Carbohydrate Ratios

From the food diary, the following insulin to carbohydrate ratios are recommended to trial:

Breakfast

1 unit for every grams of carbohydrate

Lunch

1 unit for every grams of carbohydrate

Evening Meal

1 unit for every grams of carbohydrate

Correction Factor

From the food diary we will also be calculating a correction factor. If your blood glucose levels are high prior to a meal, extra insulin can be taken. The correction factor will help you to know how much extra insulin to take with your meal.

Blood sugars bet. 10-15mmol/l: increase insulin by.....unit

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Let's practice!

Have a go at calculating your own insulin to carbohydrate ratio for breakfast based on the formula above:

My total amount of carbohydrate eaten between breakfast and lunch was.....

My total amount of rapid acting insulin given between breakfast and lunch was.....

My insulin to carbohydrate ratio is 1 unit of insulin to every..... grams of carbohydrate.

At first your calculations might seem much more than you are used to giving. If you do not feel confident about injecting these amounts, reduce the dose a little and check your blood glucose 2 hours after eating. If the reading is more than 10 you know that you can give more insulin without going hypo.

Remember that if your total daily dose of insulin changes or your portion sizes of food gets bigger, then you will need to recalculate your insulin to carbohydrate ratio.

Helpful Hints

It is not uncommon to have different ratios for different meals of the day.

Example of a Completed Food Diary

Time of Day	Blood Glucose	Units of Insulin	Food / Drink / Activity	Carbohydrate Estimation	Ratio
7am	7.4	4 units rapid	40g porridge oats 200ml semi skimmed milk 150ml orange juice cup of tea with milk	24g 10g 15g	12*
1pm	10.8	4 units rapid	Ham & salad sandwich 125g low fat yoghurt 2 satsumas glass of water	36g 10g 16g -	16*
5pm			30 minute slow walk	-	
6pm	11.2	6 units rapid	Spaghetti Bolognese:- Bolognese sauce 90g cooked pasta 100g of pears in natural juice 2 tablespoons yoghurt	nil 30g 10g 5g	10*
9pm		22 units basal			
11pm	10.3				

Day / Date :

Time of Day	Blood Glucose	Units of Insulin	Food / Drink / Activity	Carbohydrate Estimation	Ratio

Step 4:

Look at your blood glucose level before breakfast and before lunch.

Did the level increase, decrease or remain stable?

For example:

If your blood glucose level remained stable, e.g. 6.3mmol/l before breakfast and 6.9mmol/l before lunch, this indicates that the 1 unit for 15g carbohydrate is correct.

However, if your blood glucose level increased, e.g. 6.3mmol/l before breakfast and 9.2mmol/l before lunch, this indicates that the 1 unit for 15g carbohydrate is not correct and more insulin is required. The ratio would need to be reduced, e.g. 1 unit for 12g carbohydrate.

Likewise, if your blood glucose levels decreased, e.g. 6.3mmol/l before breakfast and 3.4mmol/l before lunch, this indicates that the 1 unit for 15g carbohydrate is not correct and less insulin is required, so the ratio would need to be increased, e.g. 1 unit for 18g carbohydrate.

Step 5:

Repeat steps 1-4 for:

- Lunch to Evening Meal
- Evening Meal to Bedtime

Calculating Your Carbohydrate Ratios

Do not worry! We will help you to work out your carbohydrate ratios.

However, if you feel like having a go at calculating your ratios, then follow the steps below:

Step 1:

For each day (ideally a total of 7days) add up the amount of carbohydrate consumed between:

- Breakfast and Lunch

Step 2:

For each day (ideally a total of 7days) add up the amount of rapid acting insulin taken during this time

Step 3

Divide the amount of carbohydrate consumed by the amount of rapid acting insulin taken during this time period.

For example:

If you ate a total of 525g of carbohydrate for breakfast with no snacks over a 7day period and took a total of 35units of insulin over these 7days:

$$\frac{525}{35} = 15$$

This means that you have taken 1 unit of rapid acting insulin for every 15g of carbohydrate consumed. A carbohydrate ratio of 1:15

Day / Date :

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