

This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.



How to record your food and blood glucose tests

How to record your insulin

Long-acting insulin:

Rapid-acting insulin:

How to Use This Food and Blood Sugar Record

- Fill in each column as completely as possible. The information will help to find trends in your blood sugar.
- Use a separate row for each date.
- Record 3 days in a row. **Do not** skip days.
- Fill in the portion size of the carbohydrate (CHO) you ate/drank. Use measuring cups and food labels when possible.
- Estimate how many grams of CHO you ate for the meal or snack.
Example: 1 cup of rice = 45 grams, or $\frac{3}{4}$ cup of milk = 9 grams
- Test your blood sugar 2 hours after the first bite of food and write down the result.

- Write down the dose of rapid-acting insulin _____ you took for CHO (base dose) + the dose of rapid-acting insulin you took to correct a high blood sugar (correction dose). Note any change you made to the insulin dose for activity or other factors.

Example: 5 (CHO) + 2 (correction) = 7 units – 2 units (activity) = 5 units taken

- You may choose to fill out the full sheet or just work on 1 meal at a time. If you do 1 meal at a time, make sure there is a “before meal,” “2 hours after meal,” and “before meal” blood sugar for the next meal.

Example: If you’re working on a breakfast insulin to carb ratio, do a pre-breakfast blood sugar, a 2 hours after breakfast blood sugar, and a pre-lunch blood sugar.

- Use the Comments section to note any illness, stress, and exercise, or anything that could change you blood sugar readings.

Example Record

Date	Before brkfast blood sugar	Insulin	Breakfast and snacks (food, CHO amount in grams, and time)	2 hr after meal blood sugar	Before lunch blood sugar	Insulin	Lunch and snacks (food, CHO amount in grams, and time)	2 hrs after meal blood sugar	Before supper blood sugar	Insulin	Supper and snacks (food, CHO amount in grams, and time)	2 hrs after meal blood sugar	Bed time blood sugar and insulin	Comments and 3 a.m. blood sugar test
June 15	6.7	Insulin dose: 5 Rapid	7:30 a.m. 2 slices whole grain bread (30 g CHO) 2 tsp margarine 1 Tbsp. jam (15 g CHO) 1 small banana (15 g CHO) 1 cup skim milk (12 g CHO) coffee, black Total CHO: 72 grams	9.5	6.2	Insulin dose: 3 Rapid	12:30 p.m. Sandwich with 2 slices white bread, (30 g CHO) 2 slices ham, mustard, margarine 1 cup 1% milk (12 g CHO) carrot sticks Total CHO: 42 grams	8.4	12.5	Insulin dose: 4 Rapid + 2 Rapid for correction = 6 units	6:30 p.m. 1 small chicken breast 1 cup mashed potato (30 g CHO) 1 cup broccoli ½ cup carrots (15 g CHO) ¾ cup sugar-free yogurt 2 plain cookies (15 g CHO) Total CHO: 60 grams	9.7	6.5 Insulin dose: 20 units Lantus	* stress at work, no activity 3 a.m. test: 7.8

Insulin to carb ratio (I:C or ICR) _____

Insulin sensitivity factor (ISF) / correction factor (CF): _____

Breakfast _____ Lunch _____ Supper _____ Bedtime _____

Metric Conversion:

1 tsp = 5 mL

1 Tbsp. = 15 mL

½ cup = 125 mL

¾ cup = 175 mL

1 cup = 250 mL