



Diabetes Education Centre

Three Day Food Record – Type 1 Multiple Daily Injections

Patient Information

Name:

Date of Birth (MM/DD/YYYY):

Health Card Number:

Affix patient label here

To provide us with a sense of your current eating habits, please complete the three-day food record below. Eat as you normally would for three consecutive days. Write down all food and drink you consume and in what amount, the grams of carbs per item (not per meal), and insulin taken. **If you do not eat a meal or snack, leave the box blank.** Write down physical activity during the day as it happens. Please see below for the example and then complete the remaining pages.

Day 1 – Date: *Monday, June 7th, 2021*

Meal	Food Intake	Grams of carbs	Insulin Taken
Basal Insulin			
Breakfast Time: <i>8:30am</i> Glucose Level: <i>6.3</i>	<i>½ cup granola ¾ cup flavoured Greek yogurt 2 cups strawberries</i>	<i>34g 22g 15g 71g</i>	Meal Insulin: <i>10 units</i> Correction: Total Taken: <i>10 units NR</i>
2 Hour Glucose: <i>7.8</i> Any Activity?	<i>Walked dog 30 minutes (slow pace)</i>		
Snack Time: <i>10:30am</i> Glucose Level:	<i>1 medium apple</i>	<i>15g</i>	Meal Insulin: <i>0</i> Correction: Total Taken: <i>0</i>
Lunch Time: <i>1:00 pm</i> Glucose Level: <i>6.9</i>	<i>1 Turkey Sandwich (2 slices w.v. bread, 2 slices turkey, 1 tbsp mayo) 1 cup milk 1 cup sliced cucumber w/2 tbsp ranch dip</i>	<i>30g 12g 0g 42g</i>	Meal Insulin: <i>12 units</i> Correction: Total Taken: <i>12 units NR</i>
2 Hour Glucose: <i>8.2</i> Any Activity?			
Snack Time: <i>4:30pm</i> Glucose Level:	<i>1 granola bar</i>	<i>20g</i>	Meal Insulin: <i>0</i> Correction: Total Taken: <i>0</i>
Dinner Time: <i>7:00pm</i> Glucose Level: <i>6.9</i>	<i>1 cup whole wheat pasta ½ cup tomato sauce 1 cup frozen vegetable mix 1 can diet coke</i>	<i>30g 15g 0g 0g 45g</i>	Meal Insulin: <i>12 units</i> Correction: Total Taken: <i>12 units NR</i>
2 Hour Glucose: <i>8.0</i> Any Activity?	<i>Walked dog 30 minutes (brisk pace)</i>		
Snack Time: <i>9:30pm</i> Glucose Level: <i>7.5</i>	<i>2 rice cakes 2 tbsp cream cheese</i>	<i>14g 0g 14g</i>	Meal Insulin: <i>0 units</i> Correction: Total Taken: <i>0 units</i>
Basal Insulin Time:			<i>30 units Lantus</i>
Bedtime Glucose:			

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Day 1 – Date:

Meal	Food Intake	Grams of carbs	Insulin Taken
Basal Insulin			
Breakfast Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
2 Hour Glucose: Any Activity?			
Snack Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
Lunch Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
2 Hour Glucose: Any Activity?			
Snack Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
Dinner Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
2 Hour Glucose: Any Activity?			
Snack Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
Basal Insulin			
Time: Bedtime Glucose:			

My Correction is: 1 unit drops blood glucose _____ mmol/L
 My Insulin:Carbohydrate ratio is: _____ unit for _____ grams of carb (breakfast)
 My Insulin:Carbohydrate ratio is: _____ unit for _____ grams of carb (lunch)
 My Insulin:Carbohydrate ratio is: _____ unit for _____ grams of carb (supper)
 My Insulin:Carbohydrate ratio is: _____ unit for _____ grams of carb (bedtime snack)

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Day 2 – Date:

Meal	Food Intake	Grams of carbs	Insulin Taken
Basal Insulin			
Breakfast Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
2 Hour Glucose: Any Activity?			
Snack Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
Lunch Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
2 Hour Glucose: Any Activity?			
Snack Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
Dinner Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
2 Hour Glucose: Any Activity?			
Snack Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
Basal Insulin			
Time: Bedtime Glucose:			

My Correction is: 1 unit drops blood glucose _____ mmol/L

My Insulin:Carbohydrate ratio is: _____ unit for _____ grams of carb (breakfast)

My Insulin:Carbohydrate ratio is: _____ unit for _____ grams of carb (lunch)

My Insulin:Carbohydrate ratio is: _____ unit for _____ grams of carb (supper)

My Insulin:Carbohydrate ratio is: _____ unit for _____ grams of carb (bedtime snack)

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Day 3 – Date:

Meal	Food Intake	Grams of carbs	Insulin Taken
Basal Insulin			
Breakfast Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
2 Hour Glucose: Any Activity?			
Snack Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
Lunch Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
2 Hour Glucose: Any Activity?			
Snack Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
Dinner Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
2 Hour Glucose: Any Activity?			
Snack Time: Glucose Level:			Meal Insulin: Correction: Total Taken:
Basal Insulin Time: Bedtime Glucose:			

My Correction is: 1 unit drops blood glucose _____ mmol/L
 My Insulin:Carbohydrate ratio is: _____ unit for _____ grams of carb (breakfast)
 My Insulin:Carbohydrate ratio is: _____ unit for _____ grams of carb (lunch)
 My Insulin:Carbohydrate ratio is: _____ unit for _____ grams of carb (supper)
 My Insulin:Carbohydrate ratio is: _____ unit for _____ grams of carb (bedtime snack)