

Diabetes Education Centre

Three Day Food Record – Type 1 Pump

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.

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

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Day 1 – Date:

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

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Day 2 – Date:

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

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Day 3 – Date:

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