



Keeping a Daily Food Record

A detailed food record is a useful tool to help us help you manage your diabetes. Here are some guidelines to assist you in filling out your daily food records.

Try to use as much detail as possible when completing your food record, including:

1. All meals, snacks and beverages consumed and method of preparation (baked, broiled, etc).
2. Describe the food. For example: multigrain, 2% milk, canned peaches, skinless chicken, etc.
3. Serving sizes (grams, cups, tablespoons, ounces, half or whole fruit, etc)
4. Added substances (cream, sugar, spreads, sauces, margarine, etc)
5. Describe combination foods. For example, if eating pizza describe toppings, or if eating a casserole describe ingredients.
6. Include brand names of food if applicable.

Other information to include:

- Blood glucose readings from your glucometer.
- Insulin doses (if applicable) in the left hand column.
- Any physical activity (type and duration), illness or stress in the notes section as these can affect blood glucose levels.
- Approximate time of each meal and snack

Helpful Hints:

- Write down what you ate immediately after eating
- Use a set of measuring cups and spoons for measuring solid foods
- Use a liquid measuring cup for measuring liquid
- Use resources such as:
 - Canada's Food Guide to Health Eating
 - Canadian Nutrient Values of Common Foods
 - Food labels
 - Restaurant nutritional guides (many available online)
 - Calculator or food scales (if available)

Questions?

If you have questions about completing the food record, please contact Diabetes Care Guelph at 519-840-1964.