

Food Records

Why food records are important:

- Accurate records can help to fine tune insulin dosing.
- Food records can help uncover carb counting errors.
- Food records can be reviewed for dietary balance and nutritional adequacy. Calories, protein, fat, calcium, and other vitamin/mineral intakes can be evaluated.

What you will need to keep accurate food records:

- ✓ Measuring cups and measuring spoons
- ✓ A food scale is very helpful, and can be purchased at a house-ware store for approximately \$10-15. Be sure to get one that measures in ounces and grams.
- ✓ The following items provide information on carbohydrate amounts:
The Exchange Book, Carb Counting Lists, Carb Counting Reference Books, Fast Food Brochures, Food Labels.

How to fill out the food record:

Be sure to list the portion size, the food choice, and how much carbohydrate it has.

Without portion size and carbohydrate amount it is impossible to assess carb counting accuracy. Be very specific. Be sure to include all foods and beverages.

Example:

Include PORTION, FOOD ITEM, CARBOHYDRATE AMOUNT

1 cup pasta = 45 g

½ cup pasta sauce = 5 g (label)

1 cup milk = 15 g

½ cup cooked carrots = 5 g

1 small apple = 15 g (if you used a food scale you could write 4-oz apple = 15 g)

3 meatballs = 0