

## Food and Exercise Diary for Diabetes

An important aspect of a nutritional assessment is an analysis of your food and beverage intake and your exercise patterns. What you eat and do effects your blood glucose if you have diabetes. We suggest several tests a day for a few days periodically before going to see your dietitian, nurse practitioner or doctor.

**Step 1:** Make **3 copies** of the following blank page.

**Step 2:** Filling in as much detail as possible for **3 days** (see example below)

- Two working or school days and one day off. (if possible)
- Record all of the food or drink taken over a period of 3 days and your blood sugar before and after meals.
- All beverages and extra food items such as water, toppings, condiments, margarine, butter or mayonnaise.
- Supplements, vitamins/minerals, herbs etc.
- In the fifth column, record the amount of physical activity you had each day and the heart rate if applicable or record feelings of hunger, blood test results or stomach problems.

**Step 3:** Think about your nutrition, health or athletic performance goals.

**Step 4:** If you need help with this contact us for a **password** to enter the information on computer analysis software which can be sent to a Registered Dietitian at [nutritionassessment.com](http://nutritionassessment.com) who will contact you to go over your intake analysis and provide advice.

*Example Intake Record Only (Do not follow this record) Record what you eat.*

Time	Describe the Food or Drink Taken	Amount	Portion /Measure	Carbs	Activity /Heart Rate	Blood Glucose Exercise
8:00	<b>Breakfast</b> eggs, boiled orange juice, unsweetened whole wheat toast	2 ½ 2	large cup slices	- 10 30	Housework 15 minutes	<u>7.8</u> before brkf
10:00	<b>Mid-Morning</b> coffee(decaf) donut (honey dip)	1 1	cup large	45		<u>8.9</u> 2 hour after brkf
12:00	<b>Lunch/Dinner</b> sandwich -tuna, water packed -whole wheat bread -mayonnaise, regular or lite -margarine, brand name -lettuce, romaine 2% milk	½ 2 1 1 1 1	cup slices tsp tsp leaf cup	- 30 - - -		<u>5.4</u> before lunch
3:00	<b>Mid-Afternoon</b> hot chocolate, herseys	1	cup	20	Yard Work 15 minutes	<u>6.6</u> 2 hour after lunch
6:00	<b>Supper/Dinner</b> barbecued chicken breast (no skin) barbecued potato carrots (cooked) 2% milk apple	3 1 ½ 1 1	ounces medium sized cup cup medium	30 15 12 20		<u>5.6</u> before supper  <u>7.8</u> 2 hour after supper
9:00	<b>Evening</b> sweet white wine crackers (soda) cheese (cheddar)	4 8 2	ounces crackers ounces	20 15 -	Walk 45 minutes 110 bpm	<u>9.9</u> before bedtime



Name: \_\_\_\_\_ Date: \_\_\_\_\_ Day of the Week: \_\_\_\_\_

<b>Time</b>	<b>Describe the Food or Drink Taken</b>	<b>Amount</b>	<b>Portion /Measure</b>	<b>Carbs</b>	<b>Activity /Heart Rate</b>	<b>Blood Glucose Exercise</b>
	<b>Breakfast</b>					_____ before breakfast
	<b>Mid-Morning</b>					_____ 2 hour after breakfast
	<b>Lunch/Dinner</b>					_____ before lunch
	<b>Mid-Afternoon</b>					_____ 2 hour after lunch
	<b>Supper/Dinner</b>					_____ before supper  _____ 2 hour after supper
	<b>Evening</b>					_____ before bedtime