Alberta Children's Hospital Diabetes Clinic 28 Oki Drive, NW Calgary, AB T3B 6A8 Fax: 403-955-7639

FOOD DIARY INSTRUCTIONS

Dear Parent,

In order to assess your eating habits, it is most helpful to fill out a three (3) day food record, which tracks what you eat, how much you eat and when you ate it.

- You may need to measure or weigh some portions to determine more accurate portion sizes.
- Eat as you normally would while keeping your food records.
- Remember to complete the food record prior to Diabetes clinic appointment with the Dietician. You can either email the food diary or bring it with you to your appointment.

Instructions: To complete the Food Diary follow these instructions and the example below.

- 1. **Record** usual time of meal, carbohydrate goals, insulin/carb ratio (if used) and usual insulin dose in left-hand column.
- 2. **Record** blood glucose test results (BG) in upper left-hand boxes.
- 3. **Record** food intake for 3 days. Specify types and amounts (weight or volume) and **the carbohydrate count of all foods eaten**. To record ACTUAL food intake:
 - ✓ Indicate the *amount* and *kind of food* eaten in weight or cups using imperial or metric measurements, e.g. 50g (weight) Kellogg's Rice Krispies.
 - ✓ Indicate preparation method, e.g. 1/2 cup **boiled** potatoes.
 - ✓ Indicate butter fat content of dairy products, e.g. 1/2 cup 2% milk.
 - ✓ If eating out indicate restaurant and food eaten (be as specific as possible!), e.g. 1/8th of 10" thin crust **Boston Pizza** pineapple, ham and cheese.
 - ✓ Provide the recipe (including all ingredients and the yield) of homemade dishes such as casseroles or baking.
- 4. **Record** activity and multivitamins/herbal supplements taken at the bottom the page.

	DATE:	Carb
Breakfast Time: 7:30	BG: 6.5 2 slices of whole wheat toast 1 Tbsp Kraft peanut butter	30g 3g
• Carb Goals 65 g	2 tsp Smucker's Strawberry No Sugar	4g
Insulin/carb ratio	Added Jam 1 cup 2% milk 1 small banana (101g) TOTAL	12g <u>20q</u> 69g
• Usual Insulin <u>6H 21N</u>	TOTAL	l 09g

Recording your intake, bg and insulin doses <u>helps us help you</u> manage your diabetes.

If you have a question, please call or email.

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Registered Dietician	Registered Dietician	Registered Dietician	Registered Dietician
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Alberta Children's Hospital	
Alberta Children's Hospital Diabetes Clinic	

Food Diary	/ for:	

Appointment Date:	
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ACHDC 117 Food Diary www.ucalgary.ca/achdiabetes August 2025