

 Vanderbilt University Medical Center  
**DIABETES NUTRITION CLINIC**

**Keeping Up with What's Going Down**

Keeping a food diary or tracker can help improve awareness of eating habits and help to practice, improve carb counting skills. Use the tips on this page to help make the most of your food tracker.

**Time of Meal:**

Record the time of day each meal and snack is eaten.

**Food Item Information:**

1. Food name or brand
2. Cooking method (broiled/fried/baked)
3. Sauces added
4. Restaurant name if you eat out

**Tips:**

Be specific. A 'bowl of cereal' will not be as helpful as '1 cup of corn flakes with ½ cup of 2% milk.'

**Carbohydrate Grams:**

How much you eat is as important as what you eat. Please write down the serving amount and how many grams of carbohydrates this is equal to.

Examples of how to record serving size:

- Cups: 1 cup of 1% milk
- Ounces: 6 ounces of fish
- Pieces: 1 slice of a 12" pizza
- Tablespoons or teaspoons: 1 teaspoon of mayonnaise

**Insulin Units:**

If applicable write how many units of insulin you took at mealtime/snack-time.

**Label Information:**

If the food has a label you could clip this label and attach it to your food records.

**VANDERBILT DIABETES BLOOD GLUCOSE RECORD/FOOD DIARY**

Patient Name:

Date:

**Blood Glucose Test Results**

<b><u>Breakfast (time)</u></b>	<b><u>Lunch (time)</u></b>	<b><u>Dinner (time)</u></b>	<b><u>Bedtime (time)</u></b>
<b>Before</b>	<b>Before</b>	<b>Before</b>	<b>Before</b>
<b>After</b>	<b>After</b>	<b>After</b>	<b>After</b>

**Food Intake Diary**

**BREAKFAST : Food Item ,Carbohydrate (gms) and insulin units (if any)**  
**Time:**

**LUNCH: Food Item, Carbohydrate(gms) and insulin units (if any)**  
**Time:**

**DINNER: Food Item, Carbohydrate(gms) and insulin units(if any)**  
**Time:**

**SNACKS: Food Item, Carbohydrate(gms) and insulin units (if any)**