

Diabetes food and activity record

Use this form to record what you ate and drank, the exercise and activities that you did, and your blood glucose levels (if you are testing them), over at least four days. This will help your dietitian or other health professional check your food choices.

How to fill in the form

- 1) At the start of the day, fill in the date.
- 2) After each meal, snack, or drink, write the details in the appropriate area of the form, and include what exercises or activities you did, or other relevant comments. Here are some tips and guidelines:
 - Describe the food and amounts eaten carefully, for example, "two slices of bread (medium sliced wholemeal), one slice cheddar cheese (thinly sliced), margarine".
 - Describe how the food was cooked, for example, "two leg chops (grilled)" or "two eggs (poached)".
 - Don't forget to record drinks, such as tea, coffee, milk, fizzy drinks, alcohol.
 - Remember to record extra snacks such as ice cream, sweets, biscuits, chips.
 - Include the spreads you had on toast or bread, and extra sugar, for example, added to drinks and on cereals, and other foods.
 - Use abbreviations such as "c" for cup, "t" for teaspoon, "T" for Tablespoon.

- 3) If you tested your blood glucose levels, record the time and result.
- 4) Repeat for at least four days.

Important!

It's best to complete the form at the time you eat or drink, so you don't forget to do it later.

BGL before breakfast	6.1	Food type, amount, and cooking method
Breakfast Time: 7.45 a.m.		2 Weetbix with trim milk Cup of tea with trim milk
BGL 2 hours after breakfast	7.9	
Snack Time: 10.30 a.m.		150g pot of low-fat yoghurt
Activity/exercise		10 a.m. 2hrs housework, 1 p.m. Walk 30 min

(BGL = Blood glucose level)

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Day 1

BGL before breakfast		Food type, amount, and cooking method
Breakfast Time:		
BGL 2 hours after breakfast		
Snack Time:		
BGL before lunch		
Lunch Time:		
BGL 2 hours after lunch		
Snack Time:		
BGL before dinner		
Dinner Time:		
BGL 2 hours after dinner		
Snack Time:		
Activity/exercise		

Day 2

BGL before breakfast		Food type, amount, and cooking method
Breakfast Time:		
BGL 2 hours after breakfast		
Snack Time:		
BGL before lunch		
Lunch Time:		
BGL 2 hours after lunch		
Snack Time:		
BGL before dinner		
Dinner Time:		
BGL 2 hours after dinner		
Snack Time:		
Activity/exercise		



Day 3

BGL before breakfast		Food type, amount, and cooking method
Breakfast Time:		
BGL 2 hours after breakfast		
Snack Time:		
BGL before lunch		
Lunch Time:		
BGL 2 hours after lunch		
Snack Time:		
BGL before dinner		
Dinner Time:		
BGL 2 hours after dinner		
Snack Time:		
Activity/exercise		

Day 4

BGL before breakfast		Food type, amount, and cooking method
Breakfast Time:		
BGL 2 hours after breakfast		
Snack Time:		
BGL before lunch		
Lunch Time:		
BGL 2 hours after lunch		
Snack Time:		
BGL before dinner		
Dinner Time:		
BGL 2 hours after dinner		
Snack Time:		
Activity/exercise		