



# Gaining understanding & control

## DIABETES CLASS

Keeping a food diary is a great way to learn how what you eat affects your blood sugars. We recommend you start out by making brief notes about what you ate and when. After a few days, you may start to see patterns and connections—especially if you compare your blood sugar levels to the carbohydrates you have eaten.

There's no right and wrong way to use a food diary, but we suggest you bring it with you to class next week. You don't have to share your diary with the group, but having it with you can really help you understand how your food choices affect your health and your diabetes.

# What foods have carbs, anyway?

## EXAMPLES OF COMMON FOODS AND THEIR CARB CONTENT

The following list will help you understand the kinds of foods that contain varying amounts of carbohydrates. It is not intended to be a list of foods you “should” eat, but is a place to start learning about the foods **you** enjoy. Remember, foods like meats, fish, poultry, and most vegetables have little or no carbohydrate.

| EXAMPLE FOODS                 | AMOUNT       | CARBOHYDRATE |           |
|-------------------------------|--------------|--------------|-----------|
|                               |              | (GRAMS)      | (CHOICES) |
| <b>Starches</b>               |              |              |           |
| Cheerios                      | 2 cups       | 32g          | 2         |
| Oatmeal, instant              | 1 pkt        | 22g          | 1 ½       |
| Bread, Whole-Wheat            | 1 slice      | 13g          | 1         |
| Hamburger Bun                 | 1 whole      | 30g          | 2         |
| Spaghetti, cooked             | 2 cups       | 80g          | 5         |
| Brown Rice, cooked            | 1 cup        | 45g          | 3         |
| White Rice, cooked            | 1 cup        | 45g          | 3         |
| Popcorn, air-popped           | 4 cups       | 24g          | 1 ½       |
| Corn, frozen, cooked          | ½ cup        | 17g          | 1         |
| Crackers, Nabisco Wheat Thins | 16           | 19g          | 1         |
| <b>Fruits</b>                 |              |              |           |
| Apple, unpeeled, large        | 1            | 32g          | 2         |
| Grapefruit                    | ½            | 15g          | 1         |
| Strawberries, fresh           | 1 ½ cups     | 13g          | 1         |
| Watermelon, fresh             | 1 ½ cups     | 15g          | 1         |
| Orange juice                  | 1 cup        | 26g          | 2         |
| <b>Dairy</b>                  |              |              |           |
| Milk                          | 1 cup        | 12g          | 1         |
| Hot Chocolate mix with water  | 1 pkt        | 22g          | 1 ½       |
| <b>Combination Foods</b>      |              |              |           |
| Macaroni & Cheese             | 2 cups       | 52g          | 3 ½       |
| Cheese Pizza, Thin Crust      | ¼ of 10 inch | 28g          | 2         |
| Taco Bell taco                | 1            | 12g          | 1         |
| Taco Bell Burrito Supreme     | 1            | 50g          | 3         |

| MY FOODS** | AMOUNT I EAT | CARBOHYDRATE |           |
|------------|--------------|--------------|-----------|
|            |              | (GRAMS)      | (CHOICES) |
|            |              |              |           |
|            |              |              |           |
|            |              |              |           |
|            |              |              |           |
|            |              |              |           |

\*\*Recommended resource: *The Diabetes Carbohydrate and Fat Gram Guide*, by Lea Ann Holzmeister RD, CDE 2nd Ed 2000.

# Gaining understanding & control

## FOOD AND BLOOD SUGAR DIARY

Date \_\_\_\_\_ Day \_\_\_\_\_

### Example

Time 8:00 a.m.

Before meal blood sugar 120

| Food                       | How much     | # Carb Choices | # Carb Grams |
|----------------------------|--------------|----------------|--------------|
| <i>Multigrain Cheerios</i> | <i>1 cup</i> | <i>1.5</i>     | <i>22g</i>   |

### Breakfast

Time \_\_\_\_\_

Before meal blood sugar \_\_\_\_\_

| Food          | How much | # Carb Choices | # Carb Grams |
|---------------|----------|----------------|--------------|
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
| <b>Totals</b> |          |                |              |

### Lunch

Time \_\_\_\_\_

Before meal blood sugar \_\_\_\_\_

| Food          | How much | # Carb Choices | # Carb Grams |
|---------------|----------|----------------|--------------|
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
| <b>Totals</b> |          |                |              |

### Dinner

Time \_\_\_\_\_

Before meal blood sugar \_\_\_\_\_

| Food          | How much | # Carb Choices | # Carb Grams |
|---------------|----------|----------------|--------------|
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
| <b>Totals</b> |          |                |              |

### Snacks

| Time          | Food | How much | # Carb Choices | # Carb Grams |
|---------------|------|----------|----------------|--------------|
|               |      |          |                |              |
|               |      |          |                |              |
|               |      |          |                |              |
| <b>Totals</b> |      |          |                |              |

**Targets:** shoot for 45–60 gms carbs/meal (3–4 choices) for women and 60–75 gms carbs/meal (4–5 choices) for men.

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## FOOD AND BLOOD SUGAR DIARY

Date \_\_\_\_\_ Day \_\_\_\_\_

### Example

Time 8:00 a.m.

Before meal blood sugar 120

| Food                       | How much     | # Carb Choices | # Carb Grams |
|----------------------------|--------------|----------------|--------------|
| <i>Multigrain Cheerios</i> | <i>1 cup</i> | <i>1.5</i>     | <i>22g</i>   |

### Breakfast

Time \_\_\_\_\_

Before meal blood sugar \_\_\_\_\_

| Food          | How much | # Carb Choices | # Carb Grams |
|---------------|----------|----------------|--------------|
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
| <b>Totals</b> |          |                |              |

### Lunch

Time \_\_\_\_\_

Before meal blood sugar \_\_\_\_\_

| Food          | How much | # Carb Choices | # Carb Grams |
|---------------|----------|----------------|--------------|
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
| <b>Totals</b> |          |                |              |

### Dinner

Time \_\_\_\_\_

Before meal blood sugar \_\_\_\_\_

| Food          | How much | # Carb Choices | # Carb Grams |
|---------------|----------|----------------|--------------|
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
| <b>Totals</b> |          |                |              |

### Snacks

| Time          | Food | How much | # Carb Choices | # Carb Grams |
|---------------|------|----------|----------------|--------------|
|               |      |          |                |              |
|               |      |          |                |              |
|               |      |          |                |              |
| <b>Totals</b> |      |          |                |              |

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### Example

Time 8:00 a.m.

Before meal blood sugar 120

| Food                       | How much     | # Carb Choices | # Carb Grams |
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| <i>Multigrain Cheerios</i> | <i>1 cup</i> | <i>1.5</i>     | <i>22g</i>   |

### Breakfast

Time \_\_\_\_\_

Before meal blood sugar \_\_\_\_\_

| Food          | How much | # Carb Choices | # Carb Grams |
|---------------|----------|----------------|--------------|
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
| <b>Totals</b> |          |                |              |

### Lunch

Time \_\_\_\_\_

Before meal blood sugar \_\_\_\_\_

| Food          | How much | # Carb Choices | # Carb Grams |
|---------------|----------|----------------|--------------|
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
| <b>Totals</b> |          |                |              |

### Dinner

Time \_\_\_\_\_

Before meal blood sugar \_\_\_\_\_

| Food          | How much | # Carb Choices | # Carb Grams |
|---------------|----------|----------------|--------------|
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
|               |          |                |              |
| <b>Totals</b> |          |                |              |

### Snacks

| Time          | Food | How much | # Carb Choices | # Carb Grams |
|---------------|------|----------|----------------|--------------|
|               |      |          |                |              |
|               |      |          |                |              |
|               |      |          |                |              |
| <b>Totals</b> |      |          |                |              |

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