



جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي  
King Fahad Hospital The University

# Food Record (Basic Carb Counting)



## Food Record

Name: \_\_\_\_\_

MR Number:

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Sex: \_\_\_\_\_

DOB: \_\_\_\_\_

Insulin Doses: \_\_\_\_\_

Schedule duration:

Next Appointment:

## What Measurements Tools are needed?

To ensure the accuracy of recording the food please use the following measurement tools

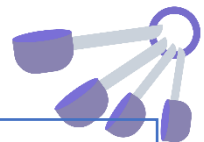
### Food scale



To be used to measure all types of bread and pastries, fruits

Can be used to measure all types of food

### Measurements cups



To be used to measure vegetables, all types of grain, fluids

### Measurements spoons



To be used to measure sugar, honey, nuts  
butter

## What are the Important Notes to Take into Consideration?

- Foods are measured after cooking
- Always pay attention to measuring starchy foods separately. **For example:** To measure an egg sandwich, the important thing is to know the weight of the bread only or measuring rice only, when that dish consists of rice and meat.
- When using the scale, be sure to set the scale in zero mode after placing the plate on it so that you can know the weight of the food without weighing the plate.
- When using spoons, make sure that the amount of food placed in them is flat
- Please write all types of food and drinks **within 24 hours** in the food record.

Date	Food Item	Amount	Carbohydrate
Breakfast	1		
	2		
Time:	3		
Insulin unit	4		
Blood sugar	5		
Pre meals:	6		
2 hours after meals:	<b>Total carbohydrate</b>		
Lunch	1		
	2		
Time:	3		
Insulin unit	4		
Blood sugar	5		
Pre meals:	6		
2 hours after meals:	<b>Total carbohydrate</b>		
Dinner	1		
	2		
Time:	3		
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Blood sugar	5		
Pre meals:	6		
2 hours after meals:	<b>Total carbohydrate</b>		

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## Resources and references:

All pictures used from Canva.com

## Review and audit:

The content of this booklet has been reviewed by health awareness unit and diabetes consultants at King Fahd University Hospital.

Department of Internal medicine – Diabetic Unit

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Health Awareness Unit

IAU-24-548



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