

advanced carb counting homework

Instructions

- 1. Record all food and beverages for 3 consecutive days; ideally include two days during the week and one day on the weekend. We are interested in days that reflect your typical intake, not special occasions or vacations. Please be as accurate as possible.
- 2. Calculate carbohydrates for each meal and record.
- 3. Record all pre-meal blood sugar readings and pre-bedtime reading, include times. Blood sugar records 2 hours after eating will only be an asset.
- 4. Record all insulin injections.
- 5. You can leave the shaded areas; we will review how to complete this information during your 1:1 session.

Name:	Date:	I	1

Meal		Food Eaten & Portions	Carbs	Insulin Taken (fast acting)
Basal Insulin: (long acting)				Meal Bolus:
BREAKFAST				Correction:
Time:				Total Taken:
Blood Glucose:				
2-hr BG:			Total:	
Activity:				
AM SNACK				
Time:				
Blood Glucose:				
LUNCH				
Time:				Meal Bolus:
Blood Glucose:				Correction:
2-hr BG:			Total:	Total Taken:
			g	
Activity:				
PM SNACK				
Time:				
Blood Glucose:				
DINNER				
Time:				Meal Bolus:
Blood Glucose:				Correction: Total Taken:
2-hr BG:			Total:	Total Takeli.
			g	
Activity:				
NIGHT SNACK				
Time:				
Blood Glucose:				
Basal Insulin: (long acting)				
Plan				
Insulin:Carb ratio = 1 unit for every g of carbs at breakfast Insulin:Carb ratio = 1 unit for every g of carbs at lunch Insulin:Carb ratio = 1 unit for every g of carbs at dinner Insulin Sensitivity Factor: 1 unit of humalog rapid will BS mmol/L Correction Dose: (Current BG – goal BG) ÷ ISF = U extra insulin to take with meal				

Day 2

Name:	Date:	I	I
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Meal		Food Eaten & Portions	Carbs	(fast acting)
Basal Insulin: (long acting) BREAKFAST				Meal Bolus:
Time:				Correction:
Blood Glucose:				Total Taken:
2-hr BG:			Total:	
Activity:			g	
AM SNACK				
Time:				
Blood Glucose:				
Lunch				
Time:				Meal Bolus:
Blood Glucose:				Correction: Total Taken:
2-hr BG:			Total:g	, ota, , a.e
Activity:				
PM SNACK				
Time:				
Blood Glucose:				
DINNER				
Time:				Meal Bolus: Correction:
Blood Glucose:				Total Taken:
2-hr BG:			Total: g	
Activity:				
NIGHT SNACK				
Time:				
Blood Glucose:				
Basal Insulin: (long acting)				
Plan				
Insulin:Carb ratio = 1 Insulin:Carb ratio = 1 Insulin:Carb ratio = 1 Insulin Sensitivity Fac Correction Dose: (Cu	unit for every unit for every ctor: 1 unit of	g of carbs at lunch g of carbs at dinner humalog rapid will BS mmol/L		

day 3

Name:	Date:	I	I
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Meal		Food Eaten & Portions	Carbs	(fast acting)
Basal Insulin: (long acting)				
BREAKFAST				Meal Bolus: Correction:
Time:				Total Taken:
Blood Glucose:				
2-hr BG:			Total:	
Activity:		_	9	
AM SNACK				
Time:				
Blood Glucose:				
LUNCH				
Time:				Meal Bolus:
Blood Glucose:				Correction: Total Taken:
2-hr BG:			Total:	Total Taken:
			g	
Activity:				
PM SNACK				
Time:				
Blood Glucose:				
DINNER				V 10.1
Time:				Meal Bolus: Correction:
Blood Glucose:				Total Taken:
2-hr BG:			Total:	
Activity:			g	
NIGHT SNACK				
Time:				
Blood Glucose:				
Basal Insulin:				
(long acting) Plan				
Insulin:Carb ratio = 1 Insulin:Carb ratio = 1 Insulin Sensitivity Fa	unit for ever unit for ever ctor: 1 unit o	y g of carbs at breakfast y g of carbs at lunch y g of carbs at dinner f humalog rapid will BS mmol/L pal BG) ÷ ISF = U extra insulin to take with meal		