

Homework Activity for

Carbohydrate Counting

(CHO)



Liverpool University Hospitals NHS Foundation Trust

Nutrition and Dietetics

Aintree Site

Lower Lane, L9 7AL Tel: 0151-525-5980

Royal Site

Prescot Street, L7 8XP

Broadgreen Site

Thomas Drive, L14 3LB

Royal & Broadgreen Tel: 0151-706-2000

Homework activity - Please complete your food intake during 2 typical days of the coming week and bring back with your blood glucose monitoring form. **Don't forget to record the day and date on each food diary.**

Day	Time	Food Eaten	Amount of CHO	Method of counting
		Breakfast:		
		Snacks:		
		Lunch:		
		Snacks:		
		Evening Meal:		

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		Snacks:		
		Evening Meal:		
		Snacks:		

Food Eaten

Amount

of CHO

Method of

counting

Large Print

Day

Time

Snacks:





If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request.

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