

Homework Activity for Carbohydrate Counting (CHO)

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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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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