How Much Carbohydrate Am I Having?

Record ALL of the carb containing foods/drinks you have below. Remember, as well as starchy and sugary foods and drinks, fruit (including juices), vegetables, milk and yoghurt, pulses and nuts, and even fish and meat (if breaded or battered) can also add carbs to your diet.

Breakfast	**Carbohydrate Content (g)**
Total	

Lunch	
Total	

Evening Meal	
Total	

Snacks (if eaten between meals or before bed)	

Supper	

DAILY TOTAL:	

Although there is room to record snacks and supper we generally suggest that you do not eat more than three times per day, unless you have a medical condition or take medication that makes this necessary.