

Healthier Communities,
Outstanding Care



Sherwood Forest Hospitals
NHS Foundation Trust

A guide to Carbohydrate portion estimation

Information for patients



Your details

Name: _____

Date of birth: _____

Contact number: _____

Diabetes dietitian's contact number:
01623 622515, extension 6570



Practising carbohydrate (CHO) estimations

Use this diary to record your food and drink intake over the period of time that has been recommended by your dietitian or nurse.

Keeping a food diary will help you become more familiar with:

1. Foods and drinks containing carbohydrate.
2. How to read food labels correctly to identify the amount of carbohydrate within the food.
3. The amount of carbohydrate within a portion of food.
4. Your own eating pattern and food choices.

Try and remember to record all food and drinks consumed and to document the quantity you eat. This includes the weight of the food (for example cereal/pasta/mashed potato if weighed) or how many slices of bread/rolls.

Doing this will give a more accurate reflection of what you typically eat and drink each day and how much.

The dietitian and nurse can then advise you further to help you get optimum control of your diabetes.

Date	Time	Food/drink quantity of weight	CHO (g) estimation
<i>Example</i> 12/9/17	7:30 am	Cornflakes (25g) Milk (100ml) Slice thick white toast Butter	21g 5g 20g 0g <hr/> 46g CHO

Date	Time	Food/drink quantity of weight	CHO (g) estimation

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Please record any relevant additional information in the space below:

Nutrition and Dietetics Department

Clinic 5, King's Treatment Centre, King's Mill Hospital
Mansfield Road, Sutton in Ashfield, Nottinghamshire, NG174JL
01623 622515, extension **6570**

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know.

You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202406-02-CPE
Created: June 2022 / Revised: June 2024 /
Review Date: June 2026