

Transition Resource: Dietary Type 1

Please tick which below statement below best describes you;

- I eat whatever I want whenever I want and don't really understand how food affects my blood glucose levels
- I do not count carbohydrates but I eat consistent amounts of carbohydrates at each meal/snack on a day to day basis
- I count carbohydrates and have a set amount of carbohydrates at each meal or snack
- I count carbohydrates and adjust my insulin according to how much I eat

If you do count carbohydrates which amount do you use? Please tick one;

- 10g portions/serves/exchanges
- 15g portion/serves/exchanges
- Weighed grams

Use the following scale to rank your answers to the statements below

- 1 = I don't know
- 2 = Not Interested
- 3 = I have a basic idea
- 4 = Almost sorted
- 5 = Completely sorted

Name: _____

Date Completed: ____ / ____ / ____

	1	2	3	4	5	Comments
I understand and can identify which foods affect my BGL's, which foods don't affect my blood glucose levels and can explain why						
I am aware of how I can adjust my insulin to allow me flexibility with what I eat and when I eat, whilst still maintaining good blood glucose control						
I am aware of what a "carbohydrate ratio" is. <i>(how much insulin is used to cover carbohydrate eaten)</i>						
I can explain how to use a carbohydrate ratio and check if it is "correct"						
I am aware of what Insulin Sensitivity Factor (ISF) means <i>(how much insulin is used to correct high blood glucose levels)</i>						
I can explain how to use an ISF and check if it is "correct"						
Dietitian Comments at final Review:						