

**GESTATIONAL DIABETES – YOUR FOOD DIARY FOR THIS WEEK.**

Please write down what you have eaten at each meal and snack.

Write it down as you go, don't fill it all in at the end of the day. Don't forget your drinks too.

Give as much information as you can – How much? What type? (e.g. cups of rice/mash, slices and types of bread etc)

**NAME:** .....

Date:							
BREAKFAST							
MORNING TEA							
LUNCH							
AFTERNOON TEA							
DINNER							
SUPPER							