Carbohydrate Worksheet

For more information on how to complete this checklist please scan this QR code. **Please return this completed worksheet alongside the other documents needed as part of your preparation for starting on an insulin pump with the insulin pump checklist.**

Patient name:	
Patient medical record number:	
Patient date of birth:	
Name of person completing this form: *You will be required to sign at the bottom of this form.*	
Relationship to child:	

1. Have you been using flexible blousing at meals? Yes/No? If yes, have you been using dosing cards or MyLife?	☐ MyLife - Flexible bolusing app for meals. ☐ Dosing cards for meals. ☐ No, we use set doses for all meals, despite the glucose level. ☐ Use set doses, with an added correction if the glucose is higher before the meal.
2. Are you currently counting carbohydrates in your meals, drinks and snacks?	☐ Yes. ☐ No.
3. If you are counting carbohydrates in your meals, drinks and snacks, what method are you counting them?	☐ Carbohydrate grams. ☐ Carbohydrate serves (15 gram serves). ☐ Guessing my carbohydrate amounts.
4. If you do carbohydrate count, what do you use to help with accurately carbohydrate count? Tick all that apply.	☐ Calorie King. ☐ FigWee. ☐ Carbs & Cals. ☐ Easy Diet Diary. ☐ MyFitness Pal. ☐ Measuring cups and spoons. ☐ Weighing food (using food scales). ☐ Reading food labels. ☐ Carbohydrate counting books. ☐ Estimation. ☐ None. ☐ Other _____
5. This question is broken into three parts and involves a stir-fry recipe. **a.** Tick the carbohydrate containing foods in the following recipe for a chicken stir-fry and rice.	Ingredients: ☐ 80 grams onions. ☐ 80 grams mushrooms. ☐ 120 grams capsicum. ☐ 80 grams bean sprouts. ☐ 200 grams chicken breast. ☐ 1 tablespoon soy sauce. ☐ 0.5 tablespoon oil. ☐ 250 grams cooked basmati rice.

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b. What is the total amount of carbohydrate in this entire recipe?	**b.** _____ grams of total carbohydrate.
c. This recipe serves two people. How many grams of carbohydrates are there per serve for each person?	**c.** _____ grams of carbohydrate per serve.
6. The following question is broken into three parts and involves a pancake recipe. **a.** Tick the carbohydrate containing foods and provide the carbohydrate amount for each ingredient in the recipe. **b.** How many carbohydrates are in the entire pancake recipe? **c.** If you wanted to eat five pancakes, how many carbohydrates would this be?	The pancake batter makes 12 pancakes. **a.** Ingredients: ☐ 2 large eggs _____ grams ☐ 2 cups cow's milk _____ grams ☐ 2 cups white flour _____ grams ☐ 1/3 cup caster sugar_____ grams **b.** _____ grams of total carbohydrate. **c.** _____ grams of carbohydrate in five pancakes
7. This is the nutrition table for an Up&Go.	What is the carbohydrate content if you have the full drink? Tick the answer below: ☐ 6.1 grams. ☐ 10.5 grams ☐ 15.4 grams ☐ 25.4 grams. ☐ Unsure.

7.

Serving size: 250ml
Servings per pack: 1

	Per serve	Per 100ml
Energy (kJ)	578	231
Protein (g)	8.5	3.4
Fat (g)	3.7	1.5
Total Carbohydrate (g)	15.4	6.1
Carbohydrate Sugars (g)	10.5	4.2

8. This is the nutrition table for Vita Weat Crackers.

Serving size: 23.8g (4 biscuits)
Servings per pack: 10.5

	Per serve	Per 100g
Energy (kJ)	409	1720
Protein (g)	2.8	12.0
Fat (g)	2.2	9.4
Total Carbohydrate (g)	14.9	62.5
Carbohydrate Sugars (g)	0.4	1.7

a. How much carbohydrate is in four (4) Vita Weat biscuits? Tick the answer below:

 ☐ 7.45 grams.
 ☐ 11.17 grams.
 ☐ 14.9 grams.
 ☐ Unsure.

b. You only want to eat three Vita Weats. How many carbohydrates would this contain?

_____ grams of carbohydrate.

9. On a scale of 1-10, how do you rate your carbohydrate counting skills (1 = very poor and 10 = excellent)? Circle your answer below.

1 2 3 4 5 6 7 8 9 10

10. Where/how do you think your carbohydrate counting skills could improve? (Foods, meals, snacks, drinks)