

# Diabetes: Tracking My Portions From Each Food Group

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

Use the food guide groups to categorize and record the foods you eat for the next 5 days. Each day, try to get at least the minimum number of servings from each group in the food guide for diabetes.

For example:

<p>If you ate the following breakfast:</p> <ul style="list-style-type: none"><li>• 2 slices of toast</li><li>• 1 cup milk</li><li>• 1 banana, sliced</li><li>• 1/2 cup orange juice</li><li>• 1 teaspoon of margarine</li></ul>	<p>You would record the following:</p> <ul style="list-style-type: none"><li>• 2 grains</li><li>• 1 milk</li><li>• 2 fruits</li><li>• 1 fat</li></ul>
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Try to have some foods that contain carbohydrate (mainly grains and starchy vegetables, fruit, or milk) at each meal so that you spread your carbohydrate intake throughout the day. Sometimes women with gestational diabetes should not have any carbohydrate or limit carbohydrate to one serving in the breakfast meal to prevent high blood sugar after that meal.

Day:	Record the number of servings here:
<input type="text"/>	
Record foods here:	<input type="text"/> Grains and starchy vegetables
	<input type="text"/> Nonstarchy vegetables
	<input type="text"/> Fruits
	<input type="text"/> Milk/milk products
	<input type="text"/> Meats/meat alternatives
	<input type="text"/> Fats/sweets