

FOOD CARBOHYDRATE CHART

FOOD CARBOHYDRATE REFERENCE VALUES

RECORDING

Portion: _____

Recorded by:

Time:

Portion:

Date: dd / mm / yyyy

Meal:

Recorded by:

Time:

Portion:

Date: dd / mm / yyyy

Meal:

Recorded by:

Time:

Portion:

Date: dd / mm / yyyy

Meal:

Recorded by:

Time:

Portion:

Date: dd / mm / yyyy

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Recorded by:

Time:

Portion:

Date: dd / mm / yyyy

Meal:

Recorded by:

Time:

Portion:

Date: dd / mm / yyyy

Meal:

Notes