

Going Home: Food Plan

Name _____ Date _____

Each day:

- Schedule meal and snack times
- Limit liquid carbohydrates (examples: juice, sugar-added beverages, syrups, honey). These are for treating low blood glucoses.

Before eating or drinking things with carbohydrates:

1. Check blood glucose
2. Count the carbs
3. Calculate insulin dose (use the dosing table)
4. Inject insulin
5. Wait 10 to 15 minutes before eating (log)

Liquid carbohydrates		My alternatives to liquid carbohydrates			What would I use to treat low blood glucose?		
Time / Meal							
Action	<input type="checkbox"/> Blood glucose check <input type="checkbox"/> Fast acting insulin <input type="checkbox"/> Long acting insulin	<input type="checkbox"/> Blood glucose check <input type="checkbox"/> Fast acting insulin <input type="checkbox"/> Long acting insulin	<input type="checkbox"/> Blood glucose check <input type="checkbox"/> Fast acting insulin <input type="checkbox"/> Long acting insulin	<input type="checkbox"/> Blood glucose check <input type="checkbox"/> Fast acting insulin <input type="checkbox"/> Long acting insulin	<input type="checkbox"/> Blood glucose check <input type="checkbox"/> Fast acting insulin <input type="checkbox"/> Long acting insulin	<input type="checkbox"/> Blood glucose check <input type="checkbox"/> Fast acting insulin <input type="checkbox"/> Long acting insulin	<input type="checkbox"/> Blood glucose check <input type="checkbox"/> Fast acting insulin <input type="checkbox"/> Long acting insulin

To report blood glucose numbers and for insulin dose changes:

- Send a MyChart message with "BG Review" as the subject line
- Phone: 206-987-2640 (select blood glucose option)

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Suggested food combinations and carb counts

Time							
Carb reference							
Food combination and carb count							

Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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