Carb Counting

It can sometimes be helpful to track carbs more closely. This can help you see if you are having more carbs than you think, or if there are any hidden carbs in your diet. The template below can help you to do this:

	What did you eat/drink? (include **everything** that contains **any** carbs)	**How much carbohydrate was in it?**
Meals, snacks and drinks		
		Total: