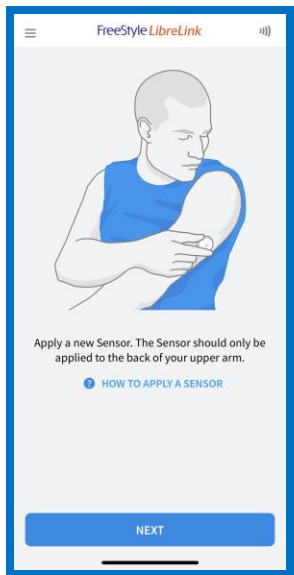
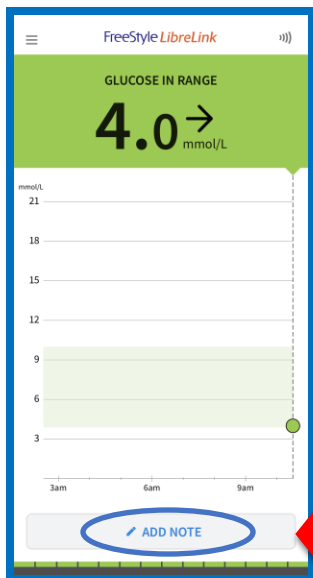




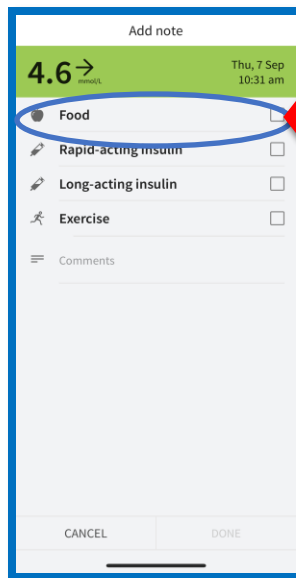
# Freestyle Libre App Food Diary – Quick Start Guide



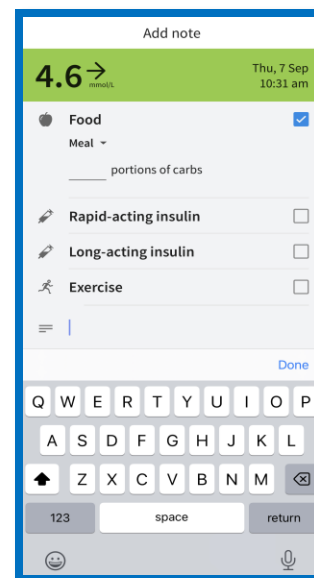
1. After any food and drinks, open the Freestyle LibreLink App.



2. Click "Add note".

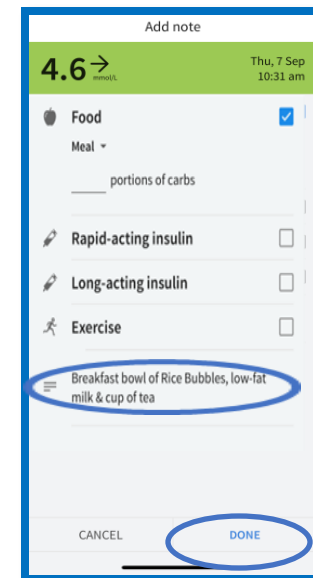


3. Tick "Food".

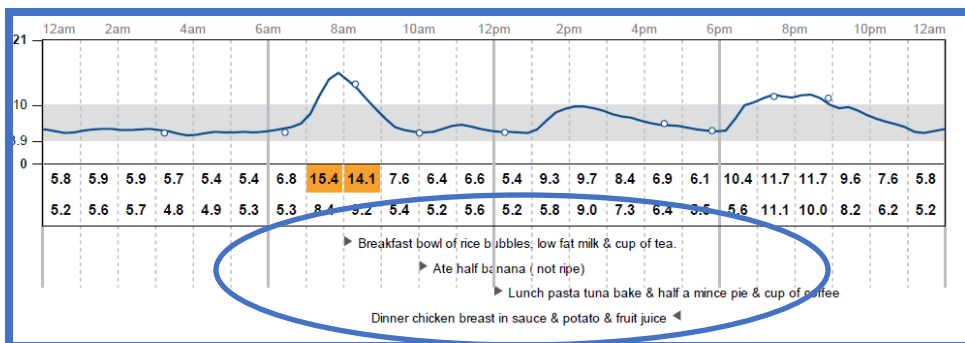


4. In the comment section, write briefly about the food or drink you had.

You do not need to add in portions of carbs.



5. When you are finished, click done.



6. It will then appear in your report and we can see how certain foods and drinks impact your sugars.

**When you come in for your next appointment, we are going to be able to see what your usual eating and drinking habits do to your blood sugars.**

**It can be tricky to remember everything you ate and drank over the 2 weeks, so please write in anything you eat or drink.**

**It would be great if you could monitor for two weeks, but we understand that it can be difficult at times. So please write down what you ate or drank for at least four days.**