

SICK DAY DIET RECOMMENDATIONS

When you are sick, it may be difficult to follow your normal diet. However, it is important to try to follow your normal meal plan as close as possible to decrease risk for hypoglycemia (low blood glucose). In addition, try to drink plenty of sugar-free fluids to stay hydrated and flush ketones. If you are unable to tolerate meals, aim for **40-50 grams** of liquid carbohydrate every 3-4 hours until you are able to tolerate your regular diet. See below for meal ideas.

Try to meet your normal calorie meal plan, but with foods that are easy-on-the-stomach.

Regular or Non-Diet	Sugar-Free Fluids	Liquid Carbohydrates
<ul style="list-style-type: none"> • Gelatin • Crackers • Soups • Applesauce 	<ul style="list-style-type: none"> • Broth • Pedialyte® • Pedialyte Popsicles® • Crystal Light® • Powerade Zero® • Gatorade 2® • Drip Drop® 	<ul style="list-style-type: none"> • Frozen juice bars • Popsicles • Sherbert • Pudding • Creamed soups • Fruit flavored yogurt

See chart below to help you with meal ideas to meet your daily needs

Sick Day Carbohydrate Ideas by Grams			
15 Grams	30 Grams	40 Grams	50 Grams
Gelatin	Apple sauce	12 oz Can of ginger ale	1 cup Orange sherbet
½ cup Juice	1 cup juice	2 Creamsicle bars	1 cup Cooked ramen noodles
6-8 Crackers	16 oz regular Gatorade or Powerade	6 oz Italian ice	2 Pudding snacks
1 cup of Chicken noodle soup	Sandwich	2 Frozen popsicles	2 yogurts