

Instructions: Here are helpful tips for days you are sick, and the carbohydrate content of foods that might be a part of your “sick-day” diet.

Sick-Day Guidelines

1. Take medications
2. Stay hydrated
3. Check glucose more often (every 2-4 hours)
4. If you can't eat regular meals, aim for 45 grams of carbohydrate every 3-4 hours
5. Test for urine ketones when glucose is greater than 240. If ketones are moderate to large, call your health care team
6. Make a plan (supplies to have on hand)

CARBOHYDRATE CONTENT OF LIQUIDS AND SOFT FOODS

Food Item	Amount	Grams of Carbohydrate
Non-diet soft drink	1/2 cup	15
Orange juice	1/2 cup	15
Apple or pineapple juice	1/2 cup	15
Grape or prune juice	1/3 cup	15
Milk	1 cup	12
Ice cream, vanilla	1/2 cup	15
Cereal, cooked	1/2 cup	15
Gelatin, regular	1/2 cup	20
Sherbet	1/2 cup	30
Popsicle	1	24



SICK DAY GUIDELINES

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Food Item	Amount	Grams of Carbohydrate
Sugar	1 tsp	4
Coffee, tea, bouillon, broth	1 cup	0
Soup, thin creamy	1 cup	15
Soup, thick chunky	1 cup	20
Cream soup, made with water	1 cup	15
Cream soup, made with milk	1 cup	27
Pudding, regular	1/2 cup	30
Pudding, sugar-free	1/2 cup	15
Yogurt, plain or artificially sweetened	1 cup	17
Yogurt, fruit flavored	1 cup	40–60

EXAMPLE: LIQUID REPLACEMENT OF CARBOHYDRATES

Food Item	Amount	Grams of Carbohydrate
Broth	1 cup	0
Jell-O, regular	1/2 cup	20
7-Up, regular	1 cup (8 oz)	30
Ice cream	1/2 cup	10
Tea	1 cup	0
Total		60



SICK DAY
RECORD

for addressograph plate

Instructions: Keep track of what you eat and drink, your blood sugars and ketones, and symptoms.

Sick-Day Record

					Physician Phone
					Pharmacy Phone
Time	Food/Liquids	Insulin/Medication	Blood Glucose	Urine Ketones	Symptoms (Fever, Nausea, Vomiting, Dizziness, etc.)