

SICK DAY FOODS

Carbohydrates need to be continued even during illness. Easily digested foods may be necessary. If usual solid food cannot be consumed, 50-60 grams of carbohydrate foods (liquid or semisolid) should be taken every 2-3 hours. Replacement of salt and water loss is important during illness. Body fluids and minerals are rapidly depleted during episodes of vomiting, diarrhea, or elevated body temperature.

General Sick Day Rules

1. Need for insulin or diabetes pills continues, and may even increase. NEVER OMIT. (Follow physicians instructions if blood sugar is below 80 mg/dl or above 240 mg/dl.)
2. Test urine or blood for ketones every 4 hours if blood sugar greater than 240 mg/dl.
3. Blood test for sugar every 4 hours. Record results.
4. If regular foods cannot be eaten, take 20-30 grams of carbohydrate as liquids or soft foods, in small frequent feedings every 1-2 hours. (50-60 gms. over a 3 hr. period)
5. Increase fluids, taking small amounts every hour. If fluids cannot be taken in large quantities, it is helpful to introduce some carbohydrate by feeding sips of Coca-Cola, 7-up or fruit juice. Small amounts can be fed by the teaspoonful as often as tolerated. If blood sugar is less than 150 mg/dl use carbohydrate containing fluids, if over 150 mg/dl use clear broth, diet pop, tea, etc.
6. Replace sodium and potassium lost (use tea, broth, saltine crackers, and orange juice).
7. If vomiting or diarrhea is severe, weigh yourself every 4 hours. If weight loss is greater than 3% call health care provider. Record weight on Sick Day Record chart.

These steps apply to mild, short term (approximately one day) illness. If unable to eat for more than one day or if unable to keep replacement foods down at all, CALL DOCTOR. Acidosis and dehydration can develop very rapidly, especially in children.

The following foods contain concentrated sugar and are usually tolerated by most individuals during brief periods of illness.

Foods with 15 grams carbohydrate 1 fruit exchange	Foods with 12 grams carbohydrate 1 milk exchange	Foods with 15 grams carbohydrate 1 bread exchange
3/4 cup carbonated beverage containing sugar (ginger ale, cola)	1/2 cup eggnog	1/2 cup cooked cereal
1/2 cup orange, grapefruit or apple juice	1 cup milk	5 saltine crackers
1/4 cup grape juice	1/2 cup hot chocolate (regular)	4 vanilla wafers
1 popsicle	1/4 cup milk shake	1 slice of toast
1/3 cup regular gelatin	1/4 cup regular pudding	2 cups broth based soup
1/2 cup Kool Aid	1/2 cup ice cream	1 cup cream soup
1 tbsp honey, syrup, sugar	1/2 cup custard	3/4 cup dry cereal