

# Sick Day Meal Plan for Managing Diabetes

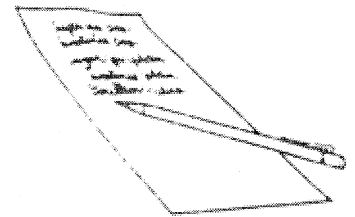
Minor illnesses such as a cold or the flu can make your diabetes difficult to control. An illness, which the body sees as stress, usually raises the glucose level. It can also decrease your appetite making it harder to follow your usual meal plan. An upset in the balance between diet, medicines and activity may cause problems with your glucose level (too high or too low).

The following are guidelines to help you control your diet and diabetes during minor illnesses. Another handout, **Diabetes: Dealing with Sick Days**, will also help you learn more about managing diabetes during illness.

- **Plan**

Make a grocery list of food items to keep on hand. Store these foods in your cupboard in case you need to adjust your diet. Examples of foods to keep on hand are:

- ▶ Bouillon cubes
- ▶ Canned soup
- ▶ Graham crackers
- ▶ Instant custard mix
- ▶ Instant mashed potatoes
- ▶ Instant pudding mixes
- ▶ Popsicles
- ▶ Saltine crackers
- ▶ Sugar-free gelatin
- ▶ Sweetened gelatin
- ▶ Sugar-free soda pop
- ▶ Sweetened soda pop
- ▶ Unsweetened fruit juices



**Use sugar-free fluids if your glucose is 240 mg/dl or higher.**

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**Learn more about your health care.**

- **Drink Plenty of Liquids**

To prevent loss of body fluids (dehydration), drink at least 4 to 6 ounces ( $\frac{1}{2}$  to  $\frac{3}{4}$  cup) of water or sugar-free liquids every hour. Examples are sugar-free pop, ice chips, water, sugar-free ginger ale or club soda. Take small sips of fluids or suck on ice chips if you are nauseated. Try



to drink 12, 8-ounce glasses of liquid each day. If you cannot eat your usual diet or soft foods and **your glucose is below 240 mg/dl, sip on liquids which contain sugar.** Examples are regular 7-Up, regular ginger ale, tea with honey or Gatorade. Sipping liquids that have sugar prevents glucose from going too low. These fluids will also provide extra calories or energy that you need to get over your illness. Keep track of the fluids you are taking on your Sick Day Record.

- **Vomiting and Diarrhea**

A loss of fluid, sodium and potassium (electrolytes) occurs when you vomit and have diarrhea. You must replace the lost sodium and potassium with liquids that have these minerals. Keep one or two of the following sodium and potassium-containing liquids on hand:

Sodium

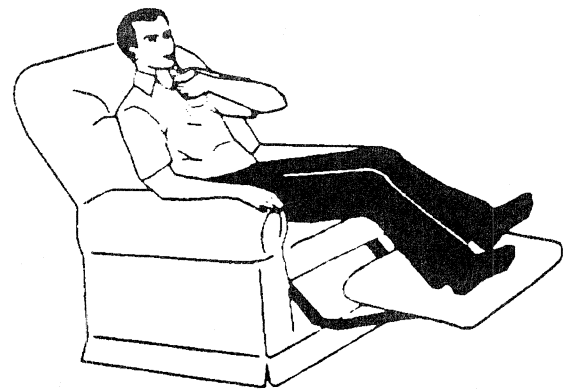
- ▶ Gatorade
- ▶ Club soda
- ▶ Tomato juice
- ▶ Broth, bouillon

Potassium

- ▶ Gatorade
- ▶ Grapefruit juice
- ▶ Orange juice
- ▶ Tomato juice

**If you are vomiting:**

- ▶ Stop taking fluids for one hour (this will let your stomach rest).
- ▶ Take a suppository for nausea (if nausea happens often, talk with your doctor about getting a prescription for use at home).
- ▶ Rest in a reclining chair. Do not lay flat.



**After one hour:**

- ▶ Try small sips of regular 7-Up or Sprite over ice chips every 10 to 15 minutes.
- ▶ If vomiting continues, call your doctor or go to the Emergency Room.

- **Carbohydrate Replacement**

Small meals of carbohydrates (sugars and starches) may be easier to tolerate if you are nauseated or have a poor appetite. Many people find using a **Carbohydrate Replacement Plan** helpful. Food choices are made using your diabetes meal plan. The carbohydrate-containing food groups come from the starch/bread, fruit and milk groups. To use, **replace** the number of servings from your usual meal plan with foods from the list below.

<u>Starch/bread replacements</u>	<u>Serving size equal to one starch</u>
Bagel.....	1/2
Bread / toast.....	1 slice
Cooked cereal.....	1/2 cup
Cream soup.....	3/4 cup
Graham crackers.....	3 squares
Ice cream.....	1/2 cup
Mashed potatoes.....	1/2 cup
Noodle or rice soup.....	1 cup
Popsicle.....	1
Saltines.....	6
Sherbet.....	1/4
Sweetened gelatin.....	1/2 cup
Sweetened soda pop (7-Up, ginger ale, etc.).....	3/4 cup
Vanilla wafers.....	6

<u>Fruit Replacement</u>	<u>Serving size equal to one fruit</u>
Applesauce, unsweetened.....	1/2 cup
Popsicle.....	1
Fruit juice bar.....	1
Juice: Apple, orange.....	1/2 cup
Pineapple, grapefruit.....	1/2 cup
Cranberry, grape, prune.....	1/3 cup
Honey.....	2 teaspoons
Sugar.....	2 teaspoons
Sweetened soda pop.....	1/2 cup

<u>Milk Replacement</u>	<u>Serving size equal to one milk</u>
Eggnog.....	1/2 cup
Sugar-free fruited yogurt.....	1 cup
Sugar-free pudding.....	1/2 cup
Baked custard.....	1/2 cup

If your stomach can tolerate it, include protein foods such as eggs, cottage cheese, baked chicken, turkey or ground beef.

- **Frequent Small Meals**

Eating soft and liquid foods every 2 to 3 hours may be more easily tolerated by your stomach during minor illnesses.

During illness, good nutrition plays an important role in the healing process. You can learn to manage your diet during illness by planning for sick days and using the suggestions given in this handout. Take time to review your sick day meal plan as well as the tips listed in the handout, **Diabetes: Dealing with Sick Days**. Talk to your doctor, nurse and dietitian to help you get started. Remember, planning puts you in control.

- **Sample Sick Day Meal Plans**

Listed on the left is an example of a regular 1500 calorie diet. On the right, the same 1500 calorie diet has been changed into a sick day meal plan.

<b>Sample 1500 Diet</b>	<b>Sick Day Diet (1500 calories)</b>
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**Breakfast**

¾ cup unsweetened cereal (1 starch / bread)  
 1 slice toast (1 starch / bread)  
 ½ cup orange juice (1 fruit)  
 1 cup skim milk (1 milk)  
 coffee, tea (free food)

**Lunch**

Meat sandwich (2 starch / bread & 3 meat protein)  
 Tossed garden salad (1 vegetable)  
 Fresh apple (1 fruit)  
 1 Tbsp. low calorie salad dressing (1 fat)

**Dinner**

3 oz. baked chicken (3 meat / protein)  
 2/3 cup rice pilaf (2 starch / bread)  
 1 dinner roll (1 starch / bread)  
 1 cup broccoli (2 vegetable)  
 2 tsp. margarine (2 fat)  
 1 cup skim milk (1 milk)

**Snack**

3 cups popcorn (1 starch / bread)  
 ½ cup orange juice (1 fruit)

**Breakfast**

1 slice toast (1 starch / bread)  
 1 soft cooked egg (1 meat)  
 1/3 cup grape juice (1 fruit)  
 coffee, tea (free food)

**Mid-AM**

½ cup sugar-free pudding (1 milk)  
 3 graham cracker squares ( 1 starch / bread)

**Lunch**

1 cup broth soup (1 starch / bread)  
 6 saltines (1 starch / bread)  
 ¼ cup cottage cheese (if tolerated)  
 (1 meat)  
 ½ cup sweetened soda pop (1 fruit)

**Mid-afternoon**

½ cup sweetened gelatin (1 starch)

**Dinner**

¾ cup cream soup (1 starch / bread)  
 ½ cup mashed potatoes (1 starch)  
 1 cup tomato juice (1 vegetable)  
 ½ cup baked custard (1 milk)

**Bedtime snack**

1/2 popsicle (1 fruit)  
 6 vanilla wafers (1 starch / bread)

• **Your Sick Day Meal Plan**

Now it is your turn to create your own sick day meal plan. List your usual meal plan on the left. Include the total number of calories and the number of exchanges from each of the six food groups (starch/bread, meat/protein, vegetable, fruit, milk and fat). Then list a sample sick day meal plan on the right using the carbohydrate replacement plan.

**Your Usual Meal Plan**

**Breakfast**

\_\_\_\_\_ calories  
 \_\_\_\_\_ starch / bread  
 \_\_\_\_\_ meat / protein  
 \_\_\_\_\_ fruit  
 \_\_\_\_\_ milk  
 \_\_\_\_\_ fat

**Lunch**

\_\_\_\_\_ starch / bread  
 \_\_\_\_\_ meat / protein  
 \_\_\_\_\_ fruit  
 \_\_\_\_\_ milk  
 \_\_\_\_\_ fat

**Dinner**

\_\_\_\_\_ starch / bread  
 \_\_\_\_\_ meat / protein  
 \_\_\_\_\_ vegetable  
 \_\_\_\_\_ fruit  
 \_\_\_\_\_ milk  
 \_\_\_\_\_ fat

**Bedtime**

\_\_\_\_\_ starch / bread

**Snack**

\_\_\_\_\_ meat / protein  
 \_\_\_\_\_ vegetable  
 \_\_\_\_\_ fruit  
 \_\_\_\_\_ milk  
 \_\_\_\_\_ fat

**Your Sick Day Meal Plan**

**Breakfast**

\_\_\_\_\_ starch / bread  
 \_\_\_\_\_ meat / protein (if tolerated)  
 \_\_\_\_\_ fruit  
 \_\_\_\_\_ milk

**Mid-AM**

\_\_\_\_\_ starch / bread  
 \_\_\_\_\_ fruit  
 \_\_\_\_\_ milk

**Lunch**

\_\_\_\_\_ starch / bread  
 \_\_\_\_\_ meat / protein (if tolerated)  
 \_\_\_\_\_ fruit  
 \_\_\_\_\_ milk

**Mid-afternoon**

\_\_\_\_\_ starch / bread  
 \_\_\_\_\_ fruit  
 \_\_\_\_\_ milk

**Dinner**

\_\_\_\_\_ starch / bread  
 \_\_\_\_\_ meat / protein (if tolerated)  
 \_\_\_\_\_ fruit  
 \_\_\_\_\_ milk

**Bedtime**

\_\_\_\_\_ starch / bread  
 \_\_\_\_\_ fruit  
 \_\_\_\_\_ milk