

Diabetes Sick Days Plan

Soft foods may be an option during illness. They are usually easy to eat and require little preparation. Below is a **sample menu** to consider during periods of illness.

BREAKFAST

- 1 cup of skim milk
- ½ cup of cooked cream of wheat and 1 slice of toast
- ½ cup of fruit canned in juice or fruit juice

LUNCH

- 2 oz. American cheese
- 1 cup of tomato juice
- 6 saltine crackers and ¼ cup of sherbet
- ½ cup of fruit juice

DINNER

- 1 cup of cottage cheese or tuna
- 1 cup of vegetable juice
- 1 English muffin or 1 cup of mashed potatoes
- ½ cup of fruit canned in juice or fruit juice

BEDTIME SNACK

- ½ cup of sugar-free pudding
- ¼ cup of cottage cheese or 1 oz. of American cheese
- ½ cup of fruit canned in juice or fruit juice

If your blood glucose is in the normal range (80-140 mg/dL) and you cannot tolerate soft foods, try sipping clear liquids. The following items are **examples** of clear liquids containing 15 grams of carbohydrates.

CLEAR LIQUIDS	SERVING/ CARBOHYDRATE AMOUNT	CLEAR LIQUIDS	SERVING/ CARBOHYDRATE AMOUNT
■ Apple Juice	→ ⅓ – ½ cup/15 grams	■ Gatorade	→ 1 cup/15 grams
■ Cranberry Juice	→ ⅓ – ½ cup/15 grams	■ Pedialyte	→ 2 ½ cups/15 grams
■ Regular Soda	→ ½ cup/15 grams	■ Soup (broth based)	→ 1 cup/15 grams
■ Regular Jell-O	→ ½ cup/15 grams	■ Popsicles	→ 1 Popsicle/15 grams

Adapted from Dean Health System

Adapted from: Children's Diabetes Foundation at Denver