

Diet During Illness

1. When you become ill, it is often difficult to tolerate your regularly scheduled meals. Therefore, you need to make up the missed carbohydrates from meals with frequent liquids or soft foods.
2. It is recommended that you consume about **15 grams of carbohydrates every hour** during illness. These items each offer 15 grams of carbohydrates:
 - A. 1 cup of soup
 - B. 1/2 cup of cooked cereal
 - C. 1 1/2 cups of tomato or vegetable juice
 - D. 1/2 cup fruit juice or 6oz (1/2 can) regular soda
 - E. 10 oz. milk
 - F. 1/2 cup ice cream
 - G. 1/2 cup regular Jell-O
 - H. 6 saltine crackers
 - I. 1 Popsicle (2-stick)
 - J. 8 oz. Gatorade
3. **Don't forget:**
 - A. Take your diabetes medication.
 - B. Drink plenty of fluids.
 - C. Test your blood sugar frequently.
 - D. Call your medical provider when necessary.

