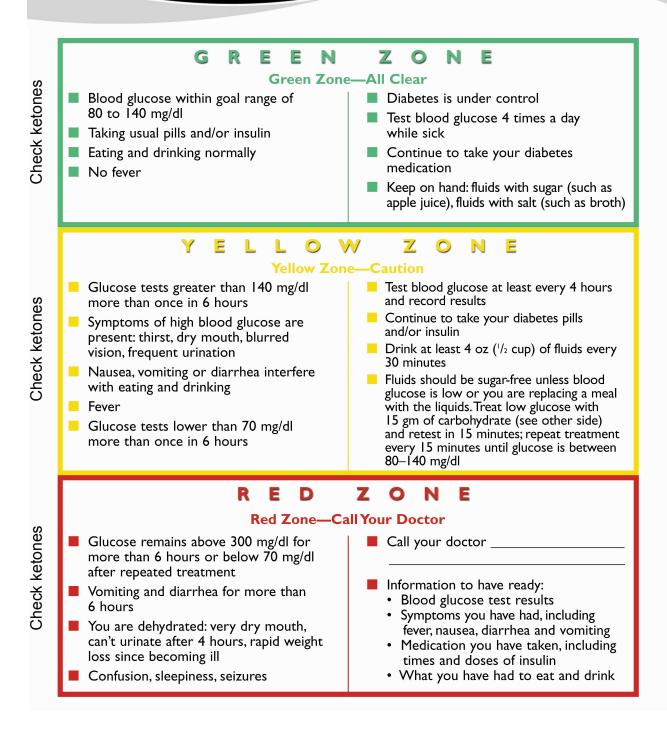
Diabetes Sick Days Plan



Adapted from Dean Health System

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
- 1/2 cup of cooked cream of wheat and 1 slice of toast
- 1/2 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
- 1/2 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
- ¹⁄₂ 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 $\rightarrow \frac{1}{3} - \frac{1}{2}$ cup/15 gramsCranberry Juice $\rightarrow \frac{1}{3} - \frac{1}{2}$ cup/15 gramsRegular Soda $\rightarrow \frac{1}{2}$ cup/15 gramsRegular Jell-O $\rightarrow \frac{1}{2}$ cup/15 grams	GatoradePedialyteSoup (broth based)Popsicles	 → 1 cup/15 grams → 2 ½ cups/15 grams → 1 cup/15 grams → 1 Popsicle/15 grams

Adapted from Dean Health System

Adapted from: Children's Diabetes Foundation at Denver

Wisconsin Diabetes Mellitus Essential Care Guidelines • 2012

Tools