



Nutrition Tips for Exercise

1. Talk with your doctor before starting any exercise program.

2. Check your blood sugar before, during and after exercise. Exercise can cause blood sugar levels to rise or fall.



3. If exercise causes your blood sugar to become low, you may need to eat a snack 30 minutes before exercise.

4. Have water and snacks nearby during exercise. Keep a carbohydrate source such as hard candy, glucose tablets, etc. with you in case you need to treat low blood sugar.



5. Drink water before, during, and after you exercise.



Adapted from The American Diabetes Association website
www.diabetes.org/type-2-diabetes/sick.jsp

www.diabetes.org/weightloss-and-exercise/getting-started.jsp

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