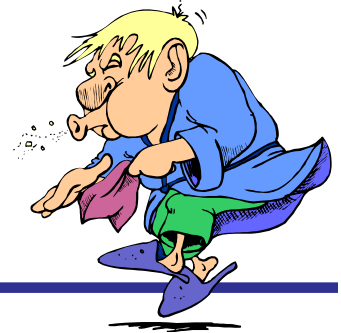


# Nutrition Tips for Sick Days



When you are sick your blood sugar levels can rise. For this reason, it is important to make a plan for sick days with your doctor ahead of time.



1. Try to stay on your regular eating plan if you can.
2. Drink lots of fluids, especially water.
3. If you can not eat normally, try to eat the same amount of calories that you would usually eat. Eat foods like regular gelatin, applesauce, crackers, and soup that should be easy on your stomach.
4. If you have trouble holding down solid foods, try to get necessary calories by drinking fluids that have carbohydrates in them such as juice or regular soda. Aim for 50 grams of carbohydrates every 3 to 4 hours.
5. Other “easy-on-the-stomach” foods are pudding, sherbet, broth, yogurt, or frozen-juice bars.



Adapted from The American Diabetes Association website  
[www.diabetes.org/type-2-diabetes/sick.jsp](http://www.diabetes.org/type-2-diabetes/sick.jsp)  
[www.diabetes.org/weightloss-and-exercise/getting-started.jsp](http://www.diabetes.org/weightloss-and-exercise/getting-started.jsp)  
Developed by MUSC Dietetic Internship Class of 2003-3004  
March 2004