

Diabetes 101: Foods & Drinks for Sick Days

Common illnesses such as the flu, vomiting, and diarrhea can cause serious problems for people with diabetes. Short-term illness can often be managed at home by following these guidelines.

1. Always take your insulin or diabetes pills.

When you have an illness, infection, or high fever you still need insulin. Illness raises blood sugar levels.



2. Take liquids every hour to avoid dehydration.

High blood sugar, fever, diarrhea, nausea, and vomiting can lead to loss of too much body water. When you lose too much body fluid, you may develop the following symptoms: dry mouth and thirst, decreased urination, fever, and dry, flushed skin. Try to drink fluids every hour while you are awake. It may be easier to take small sips of fluids every 5-15 minutes.



3. Keep a record of all the foods and drinks you eat while you are ill.

Report this to your health care provider.



4. Call your doctor immediately when you are ill or go to the clinic or hospital.

Your health care provider may prescribe medication for your infection, nausea, vomiting, diarrhea, or whatever problem you may have.



5. Test your blood sugar more frequently.

You may be asked to test your blood sugar when you are sick. You and the doctor will need to know the results of these tests so you can make any necessary changes with your insulin.



6. Test your urine for ketones.

You may be asked to check your urine for ketones every 4-6 hours while you are sick.

Here is a list of foods and drinks that you can take when you are vomiting and do not feel like eating. Try to eat or drink one or more of these serving sizes every hour until you are feeling better.

FOOD ITEM	AMOUNT	CARBOHYDRATES
Apple juice	½ cup	15g
Regular Jell-O	½ cup	20g
Non-diet Soft Drink (Ginger Ale, Sprite, 7-Up)	½ cup	15g
Sherbet	½ cup	30g
Popsicle	1	24g
Regular Gatorade	½ cup	11g
Orange/Pineapple Juice	½ cup	15g
Grape or Prune Juice	1/3 cup	15g
Milk	1 cup	12g

FOOD ITEM	AMOUNT	CARBOHYDRATES
Water	As Tolerated	As Tolerated
Creamy Soup	1 cup	15g
Pudding (Regular)	½ cup	30g
Pudding (Sugar-Free)	½ cup	15g
Yogurt (Plain)	1 cup	17g
Yogurt (Fruit-Flavored)	1 cup	17g
Ice Cream (Vanilla)	½ cup	15g
Banana	½	15g
Cooked Cereal (Oatmeal, Grits, Cream of Wheat)	½ cup	15g