



Clinical Nutrition Department

Helpful tips to managing sick days

- Having diabetes does not mean that your child will get sick more often, however illness can affect blood glucose levels.
- Even if your child is feeling too sick to eat, he/she still needs insulin: **you may even need more than usual to prevent ketones. Always give insulin even if unable to eat.**
- If your child is too sick to follow his/her meal plan or unable to eat as usual, choose light foods or liquids with carbohydrates.
- If your child is unable to consume all the carbohydrate in his/her meal plan, encourage nibbling on light foods or sipping on liquids that have 10-15 g carbohydrate every hour.

Ideas for carb-containing foods/liquids to give when your child is not feeling well: 10-15 grams each.*

Apple or orange Juice	125 mL (1/2 cup)	Soda crackers	7
Grape juice	75 ml (1/3 cup)	Soup with noodles or rice	250 mL (1 cup)
Chocolate milk / Carnation Breakfast Essentials®	125 mL (1/2 cup) prepared	Pasta/Noodles	125 ml (1/2 cup)
Regular gingerale/ 7-up®	175 mL (3/4 cup)	Melba toast®	4 slices
Sports Drink (regular)	250 ml (1 cup)	Dry cereal	125-175 mL (1/2-3/4 cup)
Milk	250 mL (1 cup)	Graham crackers/ arrowroot	3 crackers/cookies
Plain ice cream (vanilla, chocolate or strawberry)	125 mL (1/2 cup)	Rice cakes (Quaker®)	2 larges
Regular popsicle	1 stick (75ml)	Cooked oats/cream or wheat	125 mL (1/2 cup)
Honey / sugar / syrup / regular jam	15 mL (1 tbsp)	English muffin	1/2
Pedialyte® : -AdvancedCare™ Liters -Liters -Powder Packs - Freezer Pops	1 bottle (1 L) ½ bottle (500 ml) 2 packs + water 8 pops	Regular Jell-o® Pudding Fruit (flavoured?) yogourt	125 ml (1/2 cup)
Applesauce: -unsweetened -sweetened	125ml (1/2 cup) 75 mL (1/3 cup)	Rice	1/3 cup
Sherbet	75 mL (1/3 cup)	Bread	1 slice

**Be prepared! Try keeping some of these foods on hand in case of sick days*



Helpful Tips for Managing Sick Days:

(1) Always phone the hospital (speak to your doctor and/or nurse) for advice, **especially if your child is vomiting.**

(2) If your child is unable to drink large volumes of fluids, **sugar, syrup or honey** may be given alone, or it can be added to the liquid to increase its carb content.

Example: 40g carbohydrate can be replaced by:

40 mL (8 tsp.) of sugar or honey

OR

150 mL (2/3 cup) of apple juice (20 g carb.) +20 mL (4 tsp.) of sugar (20g carb.).

*Remember that: - 5ml = 1 tsp.
- 15ml = 1 tbsp.

(3) Remember to also offer plenty of carb-free liquids (broth, diet pop, Crystal Light, etc.) to prevent dehydration, especially if there is fever.

(4) If you are uncertain what kind of liquid to give your child, test the blood glucose and then if:

<12 mmol/L, give **carbohydrate-containing** fluids.

≥12 mmol/L, give **carbohydrate-free** fluids.

Continue to monitor blood glucose every 1 – 2 hours.

Remember S.I.C.K

S is for Blood Sugar: Test blood sugar every 2-4 hours around the clock

I is for Insulin: Do not stop insulin. Adjustments may need to be made.

C is for Carbohydrate: Do not stop eating carb-containing foods.

K is for Ketones.: Check ketones regularly (every 4 hours)