



Helpful Hints:

Extra Food to Cover Exercise

Expected Length of Exercise	Blood Sugar Level	Examples of Food
Short (15- 20 minutes)	<80	8 oz of Gatorade or milk; or 4-6 oz of Juice
	80-150	A fresh fruit; or any 15 grams of carbs
	>150	None
Longer (30-120 minutes)	<80	8 oz of Gatorade or Milk or 4 oz of juice + ½ sandwich
	80-150	8 oz Gatorade or milk + fresh fruit
	>150	½ sandwich
Longest (2-4 hours)	<80	8 oz of Gatorade or 4 oz juice, whole sandwich
	80-150	Fruit, whole sandwich
	>150	Whole sandwich

Listed above are recommendations- these are not hard and fast rules. Keep in mind that there is a difference between 15-30 minutes of moderate exercises as opposed to 15-30 minutes of rigorous exercise. For example a child may need more carbohydrates if he or she will be running up and down a basketball court for 30 minutes as opposed to swinging on the playground for 30 minutes.

Amounts of carbohydrates vary for different people, it is best to check and record blood sugars before and after exercise. Keep in mind that insulin dosage may need to be reduced after exercise and a heavier snack.