

**Sick-Day Rules and Meal Plan**

Colds and flu, as well as other illnesses, may affect your blood sugars because eating food, taking medicine and exercising may be difficult. When you are sick, get lots of rest and drink plenty of nondiet drinks and Gatorade. Check your blood sugar every 2-4 hours and once overnight while elevated, and continue to take your medicine. If your blood sugar is greater than 240 mg/dL, check your urine for ketones. Your doctor may advise you to take more insulin when you are sick. Please refer to the sample sick-day meal plan below:

**SAMPLE SICK-DAY MEAL PLAN**

Meal	Exchange	Food Choice
Breakfast	1 starch 1 meat Free food	1 slice toast 1 soft-boiled egg Sugar-free drink
Mid-morning snack	1 milk 1 starch	½ cup regular pudding 3 graham crackers
Lunch	1 starch 1 starch 1 meat 1 fruit	1 cup of broth soup 6 saltines ¼ cup cottage cheese ½ cup regular soda pop
Mid-afternoon snack	1 starch	½ cup regular Jell-O®
Dinner	1 starch 1 starch 1 vegetable 1 milk	¾ cup soup with cream ½ cup mashed potatoes 1 cup tomato juice ½ cup regular pudding
Bedtime Snack	1 fruit 1 starch	½ regular Popsicle® 6 vanilla wafers

**CALL YOUR DOCTOR OR NURSE RIGHT AWAY IF:**

Your blood sugar is less than 60 mg/dL and/or greater than 200 mg/dL
2 times in a row in 24 hours
Your temperature is greater than 101 degrees
You vomit more than once in 6 hours and cannot keep any fluids down
You have diarrhea more than 5 times that lasts longer than 6 hours
Your ketones are moderate to large
You are feeling more tired and weak, and confused
You have trouble breathing
You do not feel better in 24 hours
You do not know how to take care of yourself