

Food Adjustments for Exercise

The following guidelines are helpful for children who play sports or routinely exercise. Use the chart as a point of reference to learn how to use nutrition to maintain blood glucose. These guidelines vary with individuals and cannot guarantee that blood glucose will not fluctuate.

Monitor your blood glucose before, during, and after exercising to understand how a specific activity affects you. *All activities are not created equal!* The type of exercise, intensity, and duration act on an individual basis, and the better you understand how your glucose is affected the better you can control it.

- *Aim for BG of 120-180 prior to exercise. The goal is to maintain this range using nutrition!
- * Game days, try-outs, and certain team positions cause stress and that typically raises BG.
- * Talk with your Dietitian about choosing the right foods to fuel with and creating a specific nutrition plan.

TYPES of EXERCISE	EXAMPLES of EXERCISE	IF BLOOD GLUCOSE IS:	HOW MUCH DO I EAT?
Exercise of short duration, low to moderate intensity - 60 minutes or less!	Walking, bowling, skateboarding, snorkeling, raking leaves, Moto-cross, yoga, Pilates, ice skating, playing with a pet	80 - 100	15 grams of carbs at the start of activity (or under dose meal within 1 hour before activity by 15 grams)
		Higher than 100	no food necessary *Test within 30 minutes*
Exercise of <i>moderate intensity</i> – 60 minutes or more! Mostly aerobic. *Test sometime between 30 and 60 minutes and every half hour after that	Swimming, jogging, golfing, cycling, tennis, volleyball, dancing, Zumba, gymnastics, horseback riding, ultimate Frisbee, elliptical, hiking, rowing, climbing, snow shoeing, skiing	80 - 100	25-50 grams of carbs at the start of activity (or under dose meal within 1 hour before activity); eat 15 grams per hour after that
		100 - 200	15-25 grams of carbs per hour to maintain BG (or under dose meal within 1 hour before activity)
		200 - 300	No additional food
		Higher than 300	Check for ketones *Do not exercise if positive*

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<p>Exercise of <i>vigorous intensity</i> with bursts of energy and rapid increases in heart rate - 60 minutes or more!</p> <p>*This is higher intensity aerobic activity. Follow testing protocol above</p>	<p>football, hockey, baseball basketball, soccer, wrestling, strenuous cycling, swimming, circuit training, kick boxing, obstacle course</p> <p>*may increase sensitivity to insulin later in the day</p>	80 - 100	25-50 grams carbs at the start of activity (or under dose meal within 1 hour before activity)
		100 - 200	15-25 grams carbs (or under dose meal within 1 hour before activity)
		200 - 300	15 grams carbs <i>optional</i> (or under dose meal within 1 hour before activity)
		Higher than 300	Check for ketones *Do not exercise if positive*