

3 Table

EXTRA FOOD TO COVER EXERCISE*†

Expected length of exercise	Blood sugars		Examples of foods
	mg/dl	mmol/L	
A. Short (15-30 minutes)†	<80	<4.4	8 oz Gatorade or milk** or 4-6 oz juice**
	80-150	4.4-8.3	A fresh fruit (or any 15 grams carbohydrate **)
	>150	>8.3	None
B. Longer (30-120 minutes)†	<80	<4.4	8 oz Gatorade or milk** or 4 oz juice plus 1/2 sandwich
	80-150	4.4-8.3	8 oz Gatorade or milk plus fresh fruit
	>150	>8.3	1/2 sandwich**
C. Longest (2-4 hours)*†	<80	<4.4	8 oz Gatorade or 4 oz juice, whole sandwich
	80-150	4.4-8.3	Fruit, whole sandwich
	>150	>8.3	Whole sandwich

** Remember to also drink water, Gatorade or other fluids (one 8 oz glass for A, two 8 oz glasses for B, and three 8 oz glasses for C) before or during the exercise to prevent dehydration. This table is for a moderate degree of exercise (e.g., walking, bicycling leisurely, shooting a basketball or mowing the lawn). If heavier exercise (e.g., jogging, bicycle race, basketball game or digging in the garden) is to be done for the same amount of time, then more food may need to be added. Amounts vary for different people and the best way to learn is to do blood sugars before and after the exercise and keep a record of the blood sugar values (see Table 2).*

*** Each of these represent 15 grams of carbohydrate which will last for about 30 minutes of moderate exercise. A sandwich with meat or other protein lasts longer.*

† May also need to reduce insulin dosage