

SICK-DAY FOODS

1. Liquids (In addition to water – particularly if the blood sugar is below 180 mg/dl (10 mmol/L):

- ✓ Sugar-containing beverages: regular 7-Up, gingerale, orange, cola, PEPSI®, etc.¹
- ✓ Pedialyte or Infalyte® (especially for younger children)
- ✓ Sports drinks: Gatorade®, POWERÂDE®, etc. (any flavor)
- ✓ Tea with honey or sugar¹
- ✓ Fruit flavored drinks: regular Kool-Aid, lemonade, Hi-C®¹, etc.
- ✓ Fruit juice: apple, cranberry, grape, grapefruit, orange, pineapple, etc.
- ✓ JELL-O: regular (for infants, liquid JELL-O warmed in a bottle) or diet¹
- ✓ Popsicles: regular or diet¹
- ✓ Broth-type soup: bouillon, chicken noodle soup, Cup-a-Soup®

2. Solids (when ready) – good foods with which to start:

- ✓ Saltine crackers
- ✓ Banana (or other fruit)
- ✓ Applesauce
- ✓ Bread, toast or tortillas
- ✓ Graham crackers
- ✓ Soup
- ✓ Rice

¹ Sugar-free may be needed depending on blood sugars (e.g., >180 mg/dl [>10.0 mmol/L])