

SICK DAY FOODS

Try to stick to the regular meal plan. If this is not possible, replace the carbohydrates (starches, fruits & milk) with choices from the list below. Eat these choices throughout the day. Add lots of extra sugar free fluids.

<u>TYPE OF FOOD</u> 1 starch, fruit or milk can be replaced with:	<u>AMOUNT OF FOOD</u>
Regular (not diet) pop	¾ cup (6 ounces)
Orange, grapefruit, or apple juice	½ cup (4 ounces)
Grape juice	1/3 cup (3 ounces)
Popsicle	½ to 1
Frozen fruit juice bars	1 bar (3 ounces)
Sweetened jell	½ cup (4 ounces)
Chocolate milk	1 cup
Sherbet, sorbet	½ cup
Ice Cream	½ cup
Yogurt, no added sugar	½ cup
Milk shake	¼ cup
Vegetable beef, chicken noodle or broth type soup	1 cup
Tomato soup made with water	1 cup
Pudding, regular	¼ cup
Pudding, sugar-free made with milk	½ cup
Custard	½ cup
Toast	1 slice
Saltine crackers	6 squares
Vanilla wafers	5
Fruit snack, chewy (fruit concentrate)	1 roll (3/4 ounce)
Cooked cereal	½ cup
	* Diabetes Association of Pierce County © 2009 www.dapc.info