

## Food Adjustments for Exercise with Diabetes

### General Guidelines:

*Exercise generally lowers blood glucose.*

- Exercise causes cells to become more sensitive to insulin which means they are more able to take up glucose during and after exercise.
- Glucose levels should be under 300 to exercise safely. Exercise with insufficient insulin can cause glucose levels to rise.

*Consistent exercise can help lower A1C (average glucose).*

Physical activity can lower your blood glucose up to 24 hours or more after your workout by making your body more sensitive to insulin. This can depend on duration of exercise, intensity, and other factors.

It is valuable to be familiar with how your blood glucose responds to different types of exercise. You can do this by checking your blood glucose level often before, during and after physical activity. Understanding these patterns can help you prevent your blood glucose from going too high or too low.



*Low blood glucose can occur during or long after you exercise.*

It's more likely to happen if you:

- Take insulin or an oral medication that causes your body to release insulin
- Exercise for a long time
- Skip a meal or don't eat within 30-120 minutes after stopping
- Exercise strenuously

Dietitian: \_\_\_\_\_

Phone: \_\_\_\_\_

Facility: \_\_\_\_\_

<b>Type of Exercise</b>	<b>BG level before exercise:</b>	<b>Increase Food Intake by:</b>	<b>Food Suggestions:</b>
<b>Low to Moderate Intensity</b> <ul style="list-style-type: none"> <li>Walking ½ mile</li> <li>Leisurely bicycling for less than 30 minutes</li> </ul>	Less than 100 mg/dL	10-15 grams of carbohydrate every hour	1 fruit, starch or milk 15 gram CHO portion
	100 mg/dL or above	No food necessary	
<b>Moderate Intensity</b> <ul style="list-style-type: none"> <li>Tennis</li> <li>Swimming</li> <li>Jogging</li> <li>Bicycling</li> <li>Gardening</li> <li>Golfing</li> <li>Vacuuming for one hour</li> </ul>	Less than 100 mg/dL	25 – 50 grams of carbohydrate before exercise, then 10 – 15 grams per hour of exercise	½ meat sandwich with one 15 gram CHO portion of milk or fruit
	100 – 180 mg/dL	10 – 15 grams of carbohydrate per hour of exercise	One 15 gram portion of fruit, starch or milk
	180 – 300 mg/dL	Not necessary to increase food	
	300 mg/dL or greater	Don't begin exercise until blood glucose is under better control	
<b>Strenuous Intensity</b> <ul style="list-style-type: none"> <li>Football</li> <li>Hockey</li> <li>Racquetball</li> <li>Basketball</li> <li>Strenuous bicycling or swimming</li> <li>Shoveling heavy snow</li> </ul>	Less than 100 mg/dL	50 grams of carbohydrate per hour, monitor glucose carefully	1 meat sandwich (2 slices of bread) with one 15 gram CHO portion of milk and fruit
	100 – 180 mg/dL	25 – 50 grams of carbohydrate per hour, depending on intensity and duration	½ meat sandwich with one 15 gram CHO portion of milk or fruit
	180 – 300 mg/dL	10 – 15 grams of carbohydrate per hour of exercise	One 15 gram CHO portion of fruit, starch or milk

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**This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.**

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