

Extra Snack with Exercise

Exercise uses blood sugar and helps blood sugar enter the cells to be used as energy. You may need an extra snack with exercise unless it is something you do daily and is already figured into your meal plan.

Intense exercise can lower your blood sugar for 24 hours after the exercising is done.

PLEASE NOTE: If your blood sugar is over 240, always check for ketones before exercising. If you have ketones, do not exercise until your ketones clear and your blood sugar is under better control.

General Guidelines

Type of exercise:	If blood sugar is:	Added snack:
<ul style="list-style-type: none"> low to moderate intensity- short duration of 30 minutes or less examples: walking, riding bicycle, or outside play 	<ul style="list-style-type: none"> less than 100 100 or above 	<ul style="list-style-type: none"> 15 gm carbohydrate An extra snack is not necessary Note: snacks should include a protein such as peanut butter or cheese
<ul style="list-style-type: none"> moderate intensity-duration of around 1 hour examples: tennis, swimming, jogging, riding a bicycle, or dancing 	<ul style="list-style-type: none"> less than 100 100-180 180-240 	<ul style="list-style-type: none"> 30 gm carbohydrate before exercise, plus 15 gm for each consecutive hour 15 gm carbohydrate an extra snack is not necessary