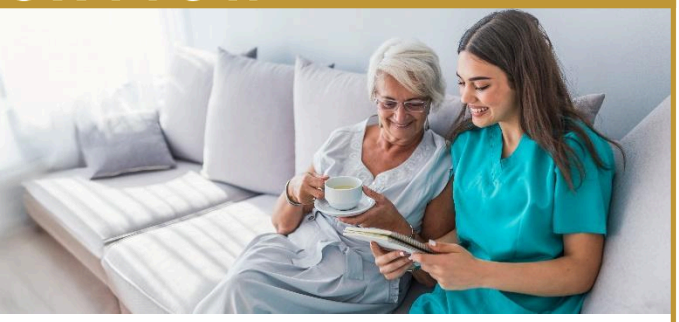
BHI at HOME Powered by CarePLUS Homehealth Care
Integrity. Experience. Commitment.



Healthy Diet / Sick Day Diet

A healthy diet for individuals with diabetes is similar to that for anyone else but with specific guidelines to help manage blood sugar levels and prevent complications. Key principles include:

- **Healthy Carbohydrates:** Choose whole grains, fruits, vegetables, and legumes.
- **Fiber-Rich Foods:** Opt for whole fruits, vegetables, whole grains, nuts, and legumes.
- **Lean Proteins:** Include poultry, fish, tofu, low-fat dairy, or soy products.
- **Healthy Fats:** Use monounsaturated and polyunsaturated fats like olive oil, nuts, and avocados.
- **Limit Saturated Fats:** Keep saturated fats below 10% of daily calories.
- **Portion Balance:** Fill half your plate with non-starchy vegetables (e.g., leafy greens, peppers), one-quarter with carbs, and one-quarter with protein.
- **Avoid Added Sugars and Sodium:** Minimize refined carbs and processed foods.

Use the "plate method" to balance your meals…

1. **non-starchy vegetables taking up half the plate,**
2. **carb foods taking up one-quarter, and**
3. **protein taking up the other quarter.**

If not taking insulin, you might not need to count carbs. Choose water or a low-calorie drink like unsweetened iced tea to go with your meal.

Diabetes Sick Day Diet

When feeling unwell, diabetes management becomes even more crucial as illnesses like colds and the flu can raise blood sugar. Prioritize frequent blood sugar monitoring, hydration, and adequate nutrition to aid recovery and maintain glucose stability.

- **Maintain Your Meal Plan:** Stick to your regular diet as closely as possible.
- **Mild Foods for Queasiness:** Opt for crackers, soup, applesauce, or gelatin. If unable to tolerate these, try broth, fruit juice, yogurt, or pudding. Aim for 50 grams of carbohydrates every 3–4 hours.
- **Stay Hydrated:** Drink 4 ounces of water every hour.
- **Check Labels:** Monitor sugar content in medications and adjust as needed.

When to Call a Doctor

Contact your healthcare provider if you experience any of the following:

1. Fever or illness lasting more than two days without improvement.
2. Vomiting or diarrhea persisting for over six hours.
3. Moderate to large amounts of ketones in urine.
4. Blood sugar above 240 despite extra insulin or medications.
5. Signs of dehydration or serious symptoms such as fruity breath, chest pain, or cracked lips and tongue.

Proper planning and care can help you manage diabetes effectively, even on sick days. Always consult your doctor or dietitian for personalized advice.

BHI At Home is here for you. Please contact our office for more information.