Fuel your workout

if you experience hypoglycemia during or after exercise

Follow the 15-15 rule:

Check BG if possible. If <70 mg/dL...

Rule of 15

Eat 15 grams of carbohydrate

Example: 3 - 4 glucose tabs, 15 grams glucose gel, ½ cup (4 oz.) juice or regular soft drink, 3-4 packets of table sugar, pkg. fun size Skittles

- Wait 15 minutes
- Retest blood sugar
- If blood sugar is still below 70. repeat Rule of 15
- Once blood sugar back to normal follow with meal or snack if mealtime i not scheduled soon after the event.



WHEN SHOULD YOU EAT -TO PREVENT LOW **BLOOD SUGAR?** FAST



- Regular meal containing carbs, protein and fat 2-3 hours before.
- Exercise slows down digestion
- Proper fueling will give energy for workout as well as keep blood sugar balanced.
- Example: Serving of lean chicken, meat or fish, egg with a small helping of brown rice r whole grain pasta plus green vegetables fresh fruit







Salmon, squash, veggies







FUEL YOUR PRE-WORKOUT





WHAT

CAN YOU

DO:

SYMPTOMS:

DIZZY

FATIGUE

CHECK

CHECK: YOUR BLOOD GLUCOSE RIGHT AWAY IF YOU CAN'T CHECK - TREAT ANYWAY

REAT: BY EATING 3 TO 4 GLUCOSE TABLETS OR 3 TO 5 HARD CANDIES: YOU CAN CHEW QUICKL



HEADACHE IRRITABLE



Whole grain cereal with skim milk

Causes: Too little food or skip a meal: Onset: Often Sudden

SHAKY

ANXIOUS

TREAT

HUNGRY

CHECK

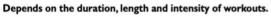
Experiment with different foods before exercise Cheese and crackers Different types of carbs : an apple vs. a slice of toast

- Different amounts of carbs: (e.g., 15 g vs. 45 g),
- Different timing (e.g., 30 mins vs. 90 mins before)

Pre-workout snacks: Aim for at least 30-90 minutes before.

- A peanut butter and banana or PBJ sandwich
- Greek yogurt with berries
- Oatmeal with low-fat milk and fruit
- Apple and peanut or almond butter.
- 6 whole-grain crackers and cheese slice or cottage cheese
- Handful of nuts and raisins (two parts raisins: one part nuts)

whole grain toast with egg



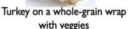
- · Replenish the nutrients lost.
- Rehydrate the body.

Post-workout snack within 30 minutes-45 minutes.

- . Smoothie (post-workout smoothie made with low-fat milk & fruit)
- Low-fat chocolate milk
- Turkey on a whole-grain wrap with veggies
- Low-fat yogurt with berries.
- Half a bagel or one slices of whole grain toast with egg.

Experiment with different foods and meal sizes to find what works for







Low-fat chocolate milk

WHAT KIND OF FOOD PREVENT OR TREAT A LOW BLOOD SUGAR **DURING EXERCISE?**

- □ Carbohydrate-containing snack to prevent a low blood sugar.
- □Snack should be a liquid or readily absorbed form of simple carbohydrate.
- □Complex carbohydrate takes a longer time to digest.
- ☐ Food high in fat or oily, delays the absorption of the sugar.
- ☐ High-fat or complex carbohydrate increases the risk of exercise-related low blood sugars.

Treatment of Hypoglycemia Fast Acting Sugar Sources (15 gram carbohydrates)

- · 2-4 alucose tablets ·
- · 4 ounces of apple or orange juice
- · 4-6 ounces of regular soda
- · 2 tablespoons of raisins
- 3-4 teaspoons of sugar or syrup
- · 1 cup of low fat
- · 1 tube of cake gel
- · 1 carton chocolate

ALCOHOL & EXERCISE

- Alcohol and exercise in combination increase the risk of a low blood sugar.
- Alcohol can reduce the amount of glucose produced by the liver
- Each alcoholic beverage takes about I-I 1/2 hours to finish processing in the liver.
- **ALWAYS** consume alcohol with a meal or snack that contains carbohydrates.



