

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 is not scheduled soon after the event.



THE DIAB COUNCIL

(LOW BLOOD SUGAR LEVEL)

CAUSES: Too little food or skip a meal; Too much insulin or Diabetes Pills; **Onset:** Often Sudden; may pass out untreated

SYMPTOMS:

SHAKY	FAST HEARTBEAT
SWEATING	DIZZY
ANXIOUS	HUNGRY
BLURRY VISION	FATIGUE
HEADACHE	IRRITABLE

WHAT CAN YOU DO:

CHECK	TREAT	CHECK

CHECK: YOUR BLOOD GLUCOSE RIGHT AWAY. IF YOU CAN'T CHECK - TREAT ANYWAY
TREAT: BY EATING 3 TO 4 GLUCOSE TABLETS OR 3 TO 5 HARD CANDIES, YOU CAN CHEW QUICKLY (SUCH AS PEPPERMINTS) OR BY DRINKING 4 OUNCES OF FRUIT JUICE, OR 1/2 CAN OF REGULAR SODA POP.

WHEN SHOULD YOU EAT -TO PREVENT LOW BLOOD SUGAR?

- Don't eat too close to exercise
- 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 or whole grain pasta plus green vegetables fresh fruit

Chicken + Rice +
Light veggies



Salmon, squash, veggie!



CHICKEN SALAD WITH BROWN RICE



SANDWICH WITH LEAN MEAT &
VEGGIES ON WHOLE GRAIN BREAD



TUNA + QUINOA +
AVOCADO SALAD



FUEL YOUR PRE-WORKOUT

Experiment with different foods before exercise

- 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)



Cheese and crackers



Whole grain cereal with skim milk



trail mix and/or granola



greek yogurt with fruit



apples and peanut butter

FUEL YOUR POST-WORKOUT

Depends on the duration, length and intensity of workouts.

- 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 you.



whole grain toast with egg



Turkey on a whole-grain wrap with veggies



Protein shake or fruit smoothie



Low-fat yogurt with berries.



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 glucose 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 milk
- 1 tube of cake gel
- 1 carton chocolate milk

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 1-1 ½ hours to finish processing in the liver.
- ALWAYS consume alcohol with a meal or snack that contains carbohydrates.