



Nutritional Supplement for DM Patient When Exercise 糖尿病病人運動時之營養補充

- When patients suffer from hypoglycemia, give them 10~15 grams of carbohydrate with 3 sugar cubes or half a glass of juice or 2/3 a glass of soda to relieve the symptom; if patients' condition continues to deteriorate, provide aforementioned food intake again in 15 minutes.
- Patients taking OHA drug or injecting insulin should intake some snacks like a slice of toast or half a glass of milk for delayed meal in order to prevent low blood sugar level.
- Make sure of your blood sugar level before exercise.

Short and light work-out		
Ex	Slowly ride bicycle for 30min or walk 1.5km	
AC	Increase carbohydrate intake	Suggested food intake
80-300 mg/dl	Supplement is unnecessary; supplement varies with patients' condition	
>300 mg/dl	Don't exercise if blood sugar does not reached the normal range	

Moderate exercise

Ex	Tennis, swimming, jogging, golf, cleaning the garden or ride bicycle for 1hr	
AC	Increase carbohydrate intake	Suggested food intake
80-100 mg/dl	25-50gm carbohydrate before exercise	2ex cereal + 1ex fruit + Half cap of milk
100-180 mg/dl	15-25gm carbohydrate before exercise	1ex cereal or 1ex fruit
80-300 mg/dl	Increasing carbohydrate intake is unnecessary.	
> 300 mg/dl	Don' t exercise if blood sugar does not reached the normal range	

Intense exercise		
Ex	1-2hrs of football, soccer, ridding bicycle, or swimming	
AC	Increase carbohydrate intake	Suggested food intake.
80-100 mg/dl	50gm carbohydrate and take care of AC change anytime	2ex cereal + 1ex fruit + Half cup of milk
100-180 mg/dl	25-50gm carbohydrate	2ex cereal + 1ex fruit + Half cup of milk
180-300 mg/dl	exercise 1hr / increase 10-15gm carbohydrate	1ex cereal or 1ex fruit
> 300 mg/dl	Don' t exercise if blood sugar does not reach normal	

range

若有任何疑問，請不吝與我們聯絡
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