

SICK DAY GUIDELINES FOR FOOD AND DRINK

What Do I Eat or Drink?

If vomiting or nausea -----	“Clear Liquids” only
If vomiting has stopped ----	Start with “Bland” foods (following approximate number of carbs In your typical meal plan)
If sore throat -----	Cool, smooth foods; may be concentrated in carbs to follow meal plan with little effort

How Much Fluid Should My Child Have?

<u>Age</u>	<u>Minimum Amount to Prevent Dehydration</u>
Under 1 year	32 ounces each day (2 ounces each hour for 16 hours)
1- 4 years	48 ounces each day (3 ounces each hour for 16 hours)
Over 5 years	64 ounces each day (4 ounces each hour for 16 hours)

Should the Fluid Have Sugar or Not?

If you are following the SICK DAY NOT ABLE TO EAT AND DRINK flowsheet all fluids should contain carbohydrates until your child is able to eat and you are able to move to the SICK DAY ABLE TO EAT AND DRINK flowsheet. You will not premeal dose these carb containing beverages. The correction dosing will cover these carbs as needed.

If you are following the SICK DAY ABLE TO EAT AND DRINK flowsheet follow the guidelines below:

<u>If Blood Sugar is:</u>	<u>What to do:</u>
80-300 mg/dl and ketones are negative to small	Encourage carb free fluids
80-300 mg/dl and ketones are moderate to large	Encourage carb containing fluids
Over 300	Encourage carb free fluids

Depending on how quickly your child is drinking the fluids you may be premeal dosing the fluids that contain carbs or you may be doing correction dosing only.

What is a “Clear Liquid?”

- White soda (no colas or sodas with caffeine)
- Jello™
- Koolaid™ or punch
- Popsicles
- Gatorade™
- Juice (no pulp or citrus)
- Water or ice chips

What is a “Bland Food?”

- Foods that are low in fat, low in fiber, and not spicy
- White bread or toast
- Plain bagel
- Plain muffin
- Saltine crackers
- Rice cereal
- Canned fruits
- Milk, yogurt, and ice cream (add these after other bland foods are tolerated; avoid dairy if these foods cause any diarrhea or stomach upset)

What Foods are Good for a Sore Throat?

- Cool or slightly warm foods that are smooth
- Foods in a liquids may be better tolerated; such as crackers in soup, cereal softened in milk
- Carnation Instant Breakfast™ (available in regular or sugar-free)
- Milkshakes or malted milk
- Chocolate milk
- Ice cream
- Sherbet
- Custard
- Frozen yogurt
- Regular yogurt
- Pudding
- Jello™
- Cooked cereals
- Canned fruit
- Noodles with butter
- Mashed potatoes with butter
- Soups

Carbohydrate Amount in Common Sick Day Foods

<u>Food</u>	<u>Amount</u>	<u>Carb Amount</u>
White soda	4-6 oz	15 grams
Juice	4 oz	15 grams
Regular Jello™	4 oz	15 grams
Jello™ pudding pop	1	15 grams
Koolaid™	5 oz	15 grams
Gatorade™	8 oz	15 grams
Ice cream	4 oz	15 grams
Sherbet	4 oz	30 grams
Custard	3-4 oz	15 grams
Frozen yogurt	4 oz	15 grams
Regular pudding	4 oz	30 grams
Sugar free pudding	4 oz	15 grams
Hot cooked cereal	½ cup	15 grams
Chicken noodle soup with water	1 cup	7 grams
Tomato soup with water	6 oz	15 grams
Carnation Instant Breakfast	8 oz	35 grams
Sugar free Carnation Instant Breakfast	8 oz	22 grams