



TYPE 2 DIABETES

Pre-Exercise Blood Sugar Guidelines



The following guidelines work for many people, but your needs may be different. It is important to discuss exercise with your doctor before beginning any program.

Suggested Snacks to Eat Before Exercising

Snacks should contain carbohydrates. If exercising for 1 hour or more, it is recommended to include protein in your snack. Protein slows down digestion and keeps the carbohydrate in your body for a longer period of time. This helps prevent low blood sugar. 1 snack serving equals 1 carbohydrate choice (15 grams of carbohydrate)

Examples of a 1 snack choice: (containing 15 grams of carbohydrate)

1 small piece of fruit	1 cup of light yogurt	1 granola bar
½ cup juice	1 cup of skim or 1% milk	1 regular sized rice cake

Examples of 1 snack choice containing carbohydrate (15 grams) and protein (1 ounce)

- 5-6 Crackers and cheese cubes (equal in size to 4 dice)
- 5-6 Crackers and 1 Tbsp peanut butter
- ½ sandwich (peanut butter, cheese, turkey, etc.)
- ¼ cup of cottage cheese with 1 cup fresh fruit
- 1 regular sized rice cake with 1 Tbsp peanut butter

How much you need to eat depends on your pre-exercise blood sugar. See back for recommendations.

Pre-Exercise Blood Sugar Level Guidelines for People with Type 2 Diabetes

Blood Sugar Level	Recommendations for Exercise	Recommended Snack Based on Length of Exercise
Lower than 100 mg/dL	Blood sugar may be too low to exercise safely. Eat a snack before exercising.	<p>Exercising for 30 minutes or less – 1-2 carbohydrate choice(s) depending on blood sugar</p> <p>Exercising for about 1 hour – 2 carbohydrate choices plus protein</p> <p>Exercising for 2 hours or more – Do not exercise until blood sugar is over 100. Eat 1 carbohydrate choice and recheck blood sugar. Repeat as needed.</p>
100 – 150 mg/dL	<p>Safe blood sugar range for most people to exercise.</p> <p>Eat a snack to prevent blood sugar from dropping during exercise.</p>	<p>Exercising for 30 minutes or less – 0-1 carbohydrate choice(s) depending on blood sugar</p> <p>Exercising for about 1 hour – 1-2 carbohydrate choice(s) depending on blood sugar</p> <p>Exercising for 2 hours or more – 2 carbohydrate choices plus protein</p>
150 – 200 mg/dL	<p>Safe blood sugar range for most people to exercise.</p> <p>May need to eat a snack to prevent blood sugar from dropping during exercise.</p>	<p>Exercising for 30 minutes or less – No snack needed</p> <p>Exercising for about 1 hour – 0-1 carbohydrate choice depending on blood sugar</p> <p>Exercising for 2 hours or more – Check blood sugar each hour. Eat carbohydrate choice, if needed, based on blood sugar reading.</p>
200-250 mg/dL	<p>Safe blood sugar range for most people to exercise.</p> <p>May need to eat a snack to prevent blood sugar from dropping during exercise.</p>	<p>Exercising for 30 minutes or less – No snack needed</p> <p>Exercising for about 1 hour – No snack needed.</p> <p>Exercising for 2 hours or more – Check blood sugar each hour. Eat carbohydrate choice, if needed, based on your blood sugar reading.</p>
250 – 300 mg/dL	Safe blood sugar range to exercise for most people.	<p>Exercising for 30 minutes or less – No snack needed</p> <p>Exercising for about 1 hour – No snack needed.</p> <p>Exercising for 2 hours or more – Check blood sugar each hour. Eat carbohydrate choice, if needed, based on your blood sugar reading.</p>
300 mg/dL or higher	Blood sugar may be too high to exercise safely. Ask your doctor what blood sugar range is safe for you.	

This information is to be used as a guideline only. Everyone responds to exercise and food differently. Please discuss these recommendations with your physician.