

# Nutrition Guidelines for Sick Days



Often when people are sick they prefer to nibble or sips fluids during the day. Be sure to use items with carbohydrate. Use the sample meals below as a guide or select one item from the carbohydrate list below every 1-2 hours. Add sugar free fluids to prevent dehydration.



- Breakfast:** 1/2 cup apple juice and 8 crackers (*Carbohydrate 30 grams*)  
+ water or sugar free beverages
- Morning snack:** 4 melba toast or 3/4 cup of gingerale (*Carbohydrate 15 grams*)  
+ sugar free beverages
- Lunch:** 3 arrowroot cookies and 1/2 cup regular jello (*Carbohydrate 30grams*)  
+ water or sugar free beverages
- Afternoon snack:** 1 ready-to-serve pudding (*Carbohydrate 25 grams*)  
+ sugar free beverages
- Evening meal:** 1/2 cup mashed potatoes and 1/2 cup gingerale (*Carbohydrate 30 grams*)  
+ water or sugar free beverages
- Evening snack:** 1 popsicle (2 sticks) (*Carbohydrate 20 grams*)  
+ sugar free beverages

## Carbohydrate Selection Each contain 10-15 grams of carbohydrate

Apple Juice: 1/2 cup	Melba Toast: 4
Applesauce: 1/2 cup	Oatmeal: 3/4 cup
Arrowroots cookies: 3	Regular Jello: 1/2 cup
Bread or Toast: 1 slice	Regular Gingerale: 1/2 cup
Cereal (Corn Flakes): 3/4 cup	Regular Popsicle: 1 stick
Cream of wheat: 3/4 cup	Soda Crackers: 8
Cranberry Cocktail Low Calorie : 1 cup	
Gatorade: 3/4 cup	
Grape Juice : 1/3 cup	
Mashed potatoes: 1/2 cup	

## Sugar Free Beverages:

Coffee or Tea  
Clear broth  
Club Soda  
Crystal Light  
Diet Cranberry  
Diet Jello  
Diet Pop  
Powerade Zero  
Water

