

Sick Day Meal Plan

(When you can't eat your usual foods...)

The sick day diet provides ideas for replacing the usual foods with liquid or soft foods that contain simple carbohydrate or sugar. The goal is to provide 1 carb (which equals 15 grams of carbohydrate) for every hour during the day.

Foods that contain 15 grams of carbohydrate per serving:

FOOD	SIZE OF SERVING
Carbonated beverages with sugar (i.e. ginger ale, 7 Up, Coke)	½ cup
Jell-O (or other brand) gelatin made with sugar	½ cup
Juice: orange, apple, grapefruit	½ cup
Juice: grape,cranberry	1/3 cup
Broth-based soups, made with water	1 cup
Cream soups, made with water	1 cup
Toast	1 slice
Saltine-type crackers	6 crackers
Graham crackers	3 squares
Cooked cereal	½ cup
Unsweetened cereal	¾ cup
Sherbet	¼ cup
Ice cream, ice milk, or frozen yogurt	½ cup
Pudding, made with sugar	¼ cup
Pudding, sugar free	½ cup
Custard	1 cup
Plain yogurt	1 cup
Pudding pop (any flavor)	1 popsicle
Milk	1 cup
Milkshake	¼ cup
Gatorade/Powerade	1 ¼ cup
Kool-aid, regular	2/3 cup
Sunny Delight	½ cup