

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

Glucose Level	Recommendations for Activity	Recommended Snack Based on Length of Activity
(Hyperglycemia) Lower than 100 mg/dL	Glucose may be too low to do activities safely. Eat a snack before doing activity (see page 42).	Activity for 30 minutes or less – 1-2 carbohydrate choice(s) depending on glucose Activity for about 1 hour – 2 carbohydrate choices plus protein Activity for 2 hours or more – Do not do activity until glucose is over 100. Eat 1 carbohydrate choice and recheck glucose. Repeat as needed.
100 - 150 mg/dL	Safe glucose range for most people to be active. Eat a snack to prevent blood sugar from dropping during an activity.	Activity for 30 minutes or less – 0-1 carbohydrate choice(s) depending on glucose Activity for about 1 hour – 1-2 carbohydrate choice(s) depending on glucose Activity for 2 hours or more – 2 carbohydrate choices plus protein
150 - 200 mg/dL	Safe glucose range for most people to do an activity. May need to eat a snack to prevent glucose from dropping during an activity.	Activity for 30 minutes or less – No snack needed Activity for about 1 hour – 0-1 carbohydrate choice depending on glucose Activity for 2 hours or more – Check glucose each hour. Eat carbohydrate choice, if needed, based on glucose reading.
200 - 250 mg/dL	Safe glucose range for most people to be active. May need to eat a snack to prevent glucose from dropping during an activity.	Activity for 30 minutes or less – No snack needed Activity for about 1 hour – No snack needed Activity for 2 hours or more – Check glucose each hour. Eat carbohydrate choice, if needed, based on glucose reading.
250 - 300 mg/dL	Safe glucose range for most people to be active.	Activity for 30 minutes or less – No snack needed Activity for about 1 hour – No snack needed Activity for 2 hours or more – Check glucose each hour. Eat carbohydrate choice, if needed, based on glucose reading.
Over 300 mg/dL	Glucose may be too high to do an activity safely. Ask your healthcare provider what glucose range is safe for you.	