



*How Much Carbohydrate do **you** need to Prevent Hypoglycemia?*

General Guidelines and Typical Carbohydrate Requirements for **One Hour** of Different Activities

*Notice -- the more you weigh....the more you need to eat!*

Activity	Grams of Carbohydrate per kg weight per hour	If you weigh :		
		20 kg (45 lbs)	45 kg (100 lbs)	68 kg (150 lbs)
		Suggested snacks in grams of Carbohydrate		
Badminton	0.4	10	20	30
Baseball	0.6	12	25	35
Basketball - moderate	0.8	15	35	55
- vigorous	1.3	30	60	90
Bowling	0.3	6	15	20
Bicycling				
Slow (8 km/h)	0.3	6	15	20
Moderate (15 km/h)	0.7	15	30	45
Fast (25 km/h)	1.0	20	45	70
Dancing -moderate	0.4	10	20	30
- vigorous	0.7	15	30	45
Disco dancing	0.6	12	25	35
Gardening/Yardwork				
Light	0.2	5	10	15
Raking leaves	0.4	10	20	30
Digging	0.6	12	25	40
Chopping wood	0.6	12	25	40
Digging ditches	0.7	15	30	45
Shoveling snow	0.7	15	30	45
Lawn mowing	0.3	6	15	20
Golfing with cart	0.2	5	10	15
Golfing with pull cart	0.3	6	15	20
Horseback riding – trot	0.4	8	20	30
House cleaning				
Mopping floors	0.3	6	15	20
Scrubbing floors	0.4	10	20	30



Activity	Grams of Carbohydrate per kg weight per hour	If you weigh :		
		20 kg (45 lbs)	45 kg (100 lbs)	68 kg (150 lbs)
Suggested snacks in grams of Carbohydrate				
Ice skating – moderate	0.6	12	25	40
Jogging				
Slow (8 km/h)	0.7	15	30	45
Moderate(11 km/h)	1.1	20	50	75
Fast (14 km/h)	1.6	30	70	100
Racquetball-singles	1.3	25	60	90
Rock climbing	0.7	15	30	45
Roller skating	0.4	10	20	30
Skiing				
Downhill	0.8	15	35	50
Cross country	1.6	30	70	105
Water	1.0	20	45	70
Soccer	0.9	20	40	60
Softball	0.4	10	20	30
Squash	0.9	20	40	60
Swimming - slow	0.9	20	40	60
fast	1.5	35	70	100
playing in the pool	1.0	20	45	70
Tennis				
doubles	0.4	10	20	30
singles	0.6	12	25	40
Trampoline	0.6	12	25	40
Volleyball	0.4	10	20	30
Walking - Shopping	0.3	6	15	20
Moderate (5 km/h)	0.3	6	15	20
Fast (7 km/h)	0.6	12	30	40

References:

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- 3) University of California San Francisco Diabetes Teaching Centre; Snacks for Exercise
- 4) Walsh J, Roberts R. *Pumping Insulin*, 4<sup>th</sup> ed. San Diego, CA: Torrey Pines Press, 2006.
- 5) Langley S. *Sports Nutrition Workshop*, Dietitians of Canada; Montreal, 2009
- 6) Perkins B, Riddell M; Exercise and the insulin pump; Can J Diab 2006;30 (1) 72-79.