

Snacks for Exercise
Guidelines to Prevent Low Blood Glucose During Exercise
Usual Carbohydrate Requirements For One Hour of Different
Activities

Notice – the more you weigh the more you need to eat.

Activity	Weight – 100 pounds	Weight – 150 pounds	Weight – 200 pounds
Suggested Snacks in grams of Carbohydrate			
Badminton	20	30	40
Basketball	45	65	90
Bowling	15	20	25
Bicycling			
5 mph	15	20	30
10 mph	30	45	60
15 mph	50	75	100
Dancing			
Square Dancing			
- slow	20	30	40
- fast	30	45	60
Disco Dancing	25	35	50
Fast Step	30	45	60
Gardening/Yardwork			
Light	10	12	15
Raking leaves	20	30	40
Digging	25	35	50
Chopping wood	25	35	50
Digging ditches	30	45	60
Shoveling snow	30	45	60
Power mower(push)	15	20	25
Golfing with cart	10	15	20
Golfing pull cart	15	20	30
Horseback riding - trot	20	30	40
House cleaning			
Mopping floors	12	20	25
Scrubbing floors	20	25	35

Ice Skating – 10 mph	25	35	45
Jogging			
5 mph	30	45	60
7 mph	50	75	100
9 mph	70	100	140
Racquetball - singles	60	90	120
Rock Climbing	30	45	60
Roller skating	20	30	40
Skiing			
Downhill	35	50	70
Cross country	70	105	140
Soccer	40	60	80
Softball	20	25	30
Squash	40	60	80
Swimming – 20 yd/min	25	35	50
Tennis			
Doubles	20	30	40
Singles	25	40	50
Trampoline	25	35	50
Volleyball	20	30	40
Walking – at 3 mph	15	20	30
Water Skiing	30	45	60

(Adapted from Walsh J, Roberts R. *Pumping Insulin*, 3rd ed. San Diego, CA: Torrey Pines Press; 2000)