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## CARBOHYDRATE NEEDED PER HOUR OF ACTIVITY

Snacks may be necessary to prevent low blood glucose during activities that take place before meals, are very intense, or last more than an hour. The amount of carbohydrate needed depends on both the intensity of the activity and your body size. These numbers represent the approximate number of grams of carbohydrate needed per 60 minutes of physical activity. If you exercise for 30 minutes, have half the amount. Fine-tune these numbers based on your blood glucose monitoring.

	50 LB	100 LB	150 LB	200 LB	250 LB
Low-intensity exercise	5–8 g	10–16 g	15–25 g	20–32 g	25–40 g
Moderate-intensity exercise	10–13 g	20–26 g	30–40 g	40–52 g	50–65 g
High-intensity exercise	15–18 g	30–36 g	45–55 g	60–72 g	75–90 g

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*Diabetes Self-Management*, “The Great Blood Glucose Balancing Act” by Gary Scheiner, MS, CDE

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