

Dancers with Type 1 Diabetes

Athlete Scenario

I am an elite dancer and I struggle with knowing how much to eat and how to adjust my insulin during practice and for performance. I often experience large fluctuations in my blood glucose, especially while I am performing. Sometimes it interferes with my ability to concentrate and focus. What can I do to maintain normal blood glucose levels during a performance?

Challenges:

- Type, intensity and duration of activity, time of day, temperature, altitude, and stress affect blood sugar.
- Determining your unique blood sugar response during practice or performances.
- Stabilizing blood sugar during performance and recovery for up to 12 hours.
- Foods and/or beverages are not always readily available during performances.

Blood Glucose Goals:

- Monitor your blood sugar about every 20 minutes before, during, and after practice. Continuous glucose monitors are helpful.
- Adjust basal (long acting) and bolus (short acting) insulin throughout the day as needed for later performance.
- Check blood sugar 30, 20, & 10 minutes prior to the start of a performance to determine trends.

Nutritional Goals:

- Provide adequate fuel for your level of activity.
- Follow a personalized hydration plan to prevent dehydration (>2% of body weight) during exercise.
- Consume a carbohydrate-based snack 1-3 hours prior to training or performance, such as
 - medium banana + 2 Tbsp peanut butter
 - 4 oz (½ cup) rice pudding
 - 2 Graham cracker rectangles + 2 Tbsp. almond butter
 - ¼ cup hummus + ½ whole wheat pita
 - ½ peanut butter sandwich on whole wheat bread
- Consume 30-60 grams of carbohydrate per hour from food or sports drink during strenuous efforts, adjust insulin as needed.
- Eat after strenuous training or performance to replenish your glycogen (stored carbohydrate).
- Rehydrate after exercise to replace fluid loss during exercise.

Written by SCAN registered dietitian nutritionists (RDNs) to provide nutrition guidance. The key to optimal meal planning is individualization. Contact a SCAN RDN or a Board Certified Specialist in Sports Dietetics (CSSD) for personalized nutrition plans. Access "Find a SCAN RDN" at www.scandpg.org or by phone at 800.249.2875.



Tips to Take With You

1. Learn how your blood sugar responds during practice and the excitement of performances.
2. Have a plan for food, fluid, and insulin based on your blood sugar trends.
3. Consider teaming up with a sports dietitian (CSSD) to determine optimal fueling and hydration and a diabetes educator to help adjust insulin doses and patterns for your activity.

Contact SCAN
www.scandpg.org
800.249.2875

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