

# Diabetes Care: Hunting and Fishing

## Type 2 Diabetes: Hunting and Fishing

- You need to plan ahead when you are away from home. Be prepared if you will be in an isolated area.
- **Never go alone.** Make sure a family member or friend knows where you are and when you plan to return. Carry a cell phone if there is cell service.

- Take your medications with you



- Remember to test your blood sugars often



- The increase in activity can affect your blood sugars

- You need to protect testing strips and insulin from the heat and the cold

- Use thermal bags or cold packs
- Carry insulin next to your body when it is cold outside. Your body heat will keep it warm in the winter.



- Bring a treatment for low blood sugar (see back from examples)

- If you take insulin you should carry a glucagon kit to treat severe low blood sugars. Anyone going with you should also know how to use the kit.

- Wear proper footwear. Your shoes should be comfortable and not too tight. The shoes should not pinch or rub your feet. Always wear socks and bring an extra pair in case your socks get wet.



- Carry a first aid kit with you

- Use it to treat cuts, burns, blisters and bites to prevent infection



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## What to Pack When Hunting and Fishing:



1. You need to pack enough food so you can eat every 4 - 6 hours
  - **Do not rely on eating what you catch**
2. When planning meals they should include foods from each of the 4 food groups
  - It is important to have 3 - 4 servings of sugar containing foods and a protein food at each meal to maintain good blood sugar levels

### Examples of healthy foods that have sugar

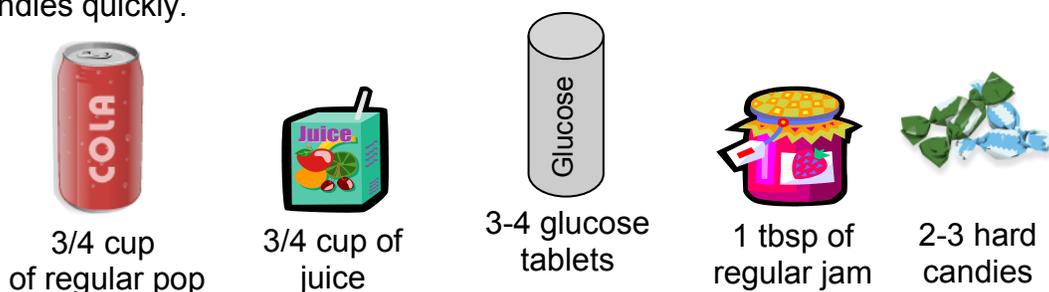
- 1 slice of bread
- Half a bun
- Bannock the size of a small deck of cards
- Half a cup of potatoes, corn, rice, or noodles
- 7 crackers
- Half a cup of cut up fruit
- Small fruit the size of a tennis ball
- 1 cup of milk (carton or canned)
- 3/4 cup of yogurt

### Examples of protein rich foods

- Half a cup of wild meat, fish, birds, etc. (a serving is the size of a deck of cards)
- 2 eggs
- 3/4 cup of beans (brown, kidney, etc.)
- 2 tbsp of peanut butter
- 1/4 cup of unsalted nuts
- Cheese (a serving is the size of two domino pieces)



3. It is important to stay hydrated so remember to pack plenty of fluids
  - Water is the best drink to stay hydrated
4. Carry a quick acting sugar in case you have a low blood sugar (below 4 mmol/L). You must chew candies quickly.



3/4 cup  
of regular pop

3/4 cup of  
juice

3-4 glucose  
tablets

1 tbsp of  
regular jam

2-3 hard  
candies

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