

Treatment of Low Blood Sugar

If your blood sugar test is	Take this much food or carbohydrate if it is normal daytime	Take this much food or carbohydrate if it is bedtime or after exercise
Between 50 and 69 mg/dl	15 gram carbohydrate (1 fruit serving or 1 cup skim milk)	1 cup skim milk or ½ meat serving with 1 fruit serving and ½ bread serving
Less than 50 mg/dl	30 gram carbohydrate (2 fruit servings)	2 fruit servings and ½ bread serving and ½ meat serving

You should feel better in 10-15 minutes after treatment. Retest your blood then, and if it is still less than 70 take 1 more fruit serving. Retest in another 15 minutes and again 1 hour after the first test to be sure the blood sugar is 70-115.

Examples of treatments for low blood sugar

All are about 15 gram carbohydrate or 1 fruit serving.

Food	Amount
Glucose tablet	3 – 4 tablets
Orange or Apple juice	½ cup
Grape or Cranberry juice	1/3 cup
Regular soft drink	½ cup
Honey	1 Tablespoon
Sugar packets	3
Life Saver	3 – 8 pieces