

# Low Blood Sugar

**If you can, it is BEST to test your blood sugar before you treat!** If your sugar is below 70 or you feel shaky, dizzy, or tired then follow the steps below:

First, you must get sugar into your body quickly. Choose one below:

1



½ glass orange juice



1 glass milk



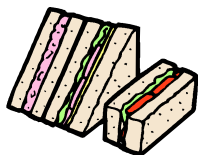
½ can soda



3-5 peppermint candies

Next, eat a small snack. Choose one below:

2



½ meat sandwich



peanut butter sandwich or crackers



crackers & cheese

Recheck your blood sugar in 30 minutes.

3



If it is still low, repeat #1 and #2.

Foods to avoid as they take too long to be absorbed by your body.



chocolate



cookies



cake

**If your blood sugar is below 70 two or more times in a week, call the clinic at 984-974-4462 and ask to speak with a Care Assistant**