LOW BLOOD SUGAR – HYPOGLYCEMIA  15/15 RULE

If you experience:

- Shakiness    - Confusion
- Sweatiness   - Nervousness
- Sudden hunger - Numbness or tingling
- Hunger       around the mouth or lips
- Headache

CONSUME 15 GRAMS OF CARBOHYDRATE

- 3 squares of glucose tablets
- 8 ounces of milk
- ½ c fruit juice
- 1 tablespoon of sugar/honey/syrup
- 8 lifesavers
- 1 roll of Smartee Candy
- 1 small tube of cake decorator frosting

Wait 15 minutes. If the symptoms have not gone away: eat or drink another serving from this list. If your meal is more than 30 minutes away, eat ½ sandwich or crackers with cheese or peanut butter.

Low blood sugar might occur if:
You miss or delay a meal or eat less than usual.
You are more physically active than usual.
You take too much insulin or other diabetes medication.