

Check blood glucose before every meal or when feeling low (weak, sweaty, dizzy, etc)

Goal is 85-95 for normal blood glucose.

If exercising or blood glucose is below 85, have a snack that is between 6-8 grams of carbohydrates, such as:

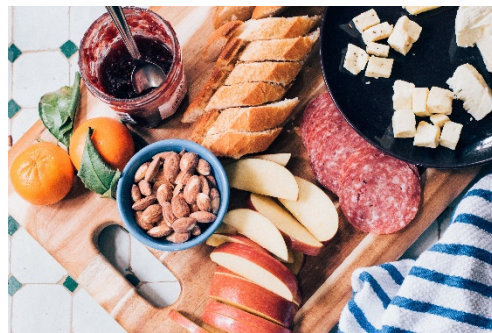
- A handful of berries (blueberries, blackberries, raspberries, 7 strawberries)
- A packet of Justin's nut butter or 2 Tbsp or plain almond butter
- A handful of raw nuts

Check blood glucose 30 minutes later, if low



Honey is only to be used in emergency situations when blood sugar is below 50.

Bananas, sodas, candy bars, etc have way too many carbs and should never be used to bring blood sugar up unless it is the only thing available. This will cause a spike in blood glucose and then a subsequent drop again.



Plain meats and cheeses have no carbohydrates and will not raise your blood glucose.

If you continue having lows, due to improving your diet, contact your doctor to reduce your medication and/or insulin.