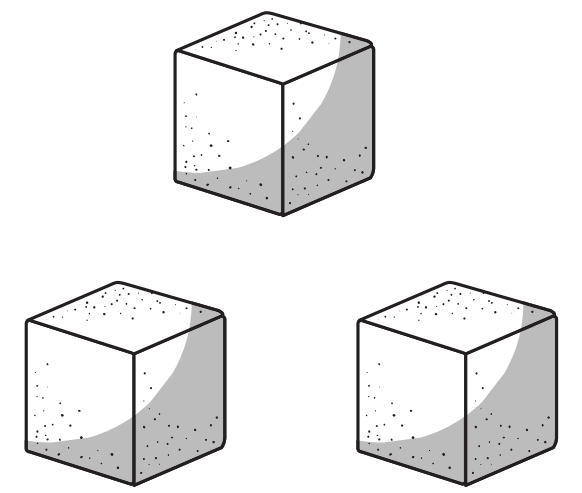




# Low blood sugar treatment



## Blood Glucose Level

	LESS THAN 55	56-70	ABOVE 70
JUICE	8 ounces	4 ounces	Not required
REAL SODA (NOT DIET)	10 ounces	5 ounces	Not required
GLUCOSE TABS	6 tabs	3 tabs	Not required
HARD CANDY (NOT SUGAR-FREE)	10 pieces	5 pieces	Not required

After you decide what to use to treat your blood sugar, wait 15-20 minutes and check your blood sugar level again. If your blood glucose is above 70, have a meal or a snack. If not, repeat treatment every 20 minutes or call your doctor or 911 if you're unable to improve your blood sugar.

Each serving of food under the <55 mg/dL column provides approximately 30 grams CHO, and each serving under the 56-70 mg/dL column provides approximately 15 grams CHO.