

## HYPOGLYCEMIA (Low Blood Glucose) Nutrition Recommendations

### Having symptoms of low blood glucose (shaky, dizzy, confusion, etc.)?

- **Consume 15g** of a simple carbohydrate: e.g. 4oz of fruit juice or regular soda, 3-4 glucose tabs, 1 glucose tube, 1 tbsp honey / sugar, 5 Lifesavers, 2 tbsp of raisins, or other food ideas are in the “Safety Plan” below. Sometimes you might need a little more, up to 30g of carbs.
- **After** consuming the simple carbohydrates, have a balanced meal or hearty snack, ideally, within about 15 to 30 minutes.

### PREVENTION:

**Eat balanced meals and snacks** regularly (every 3-4 hours). Eating may need to be every 2 hours while experiencing symptoms of hypoglycemia. If low blood glucose tends to happen around the same time most days, plan ahead by having a snack/meal just before this time.

**Include protein foods** (with carbohydrates) at meal and snack times to help stabilize blood sugars. Examples of protein sources include: meat, fish, milk, yogurt, eggs, cheese, nuts, tofu, beans and legumes

**Eat a balanced evening snack** that includes carbohydrate, protein, fat and fiber, to help prevent hypoglycemia overnight. Examples: turkey sandwich with mayo, PBJ sandwich, bowl of cereal with milk choose 2% dairy milk, whole dairy milk or soy milk

**Limit alcohol.** Alcohol can cause hypoglycemia, especially on an empty stomach. If you do consume alcohol, it is best to have food as well

**Limit eating foods high in sugar and concentrated sweets on their own.** When eaten on their own these foods can cause a rapid increase, and then rapid fall of your blood glucose. To prevent this, when eating sweets consider having them with a balanced meal/snack.

### SAFETY PLAN:

- **Keep quick digesting simple carbohydrate sources of food or drinks** and/or glucose tabs with you at all times to correct low blood glucose (even if you end up not needing it).
  - **Ideas include:** Applesauce, fruit juice, regular sport drinks, regular soda, fruit gummies, gummy candy, whole fruits, and pretzels. Easy on the go options: Lifesavers, juice boxes, applesauce pouches, dried fruit, honey sticks, sugar packets, glucose tabs or sport gels/chews.

- **Tell those around you** so they can help, if need
- **Talk about your medical needs** to roommates, friends, family, coaches, etc. If something happens, they will better know how to help you!
- **You could instruct** them to:
  - Call 911 if needed (for example, if you faint or become unconscious)
  - If available and you are alert/responsive, have them give you a source of simple carb sources – preferably liquid sources, as listed above
- **Alert your medical provider and plan to follow up with them as soon as possible**
- **Consider** purchasing a medical ID band (worn on wrist) to alert bystanders should an emergency occur. May be helpful if you are traveling alone!
- **Start learning and recognizing** how different foods and food combinations make YOUR body feel

### **SAMPLE MENU to prevent Hypoglycemia:**

*Aim for 4 to 6 eating times a day, or maybe more if you need to eat every 2 hours*

**Breakfast:** Greek yogurt, fruit and granola OR Egg and cheese sandwich, and fruit

**Snack:** Fruit and cottage cheese OR Cheese and crackers

**Lunch:** Poke bowl (protein, rice/noodles and veggies) OR Sandwich (protein, veggies and mayo/avocado) and fruit

**Snack:** Pretzels, veggies and hummus OR Protein bar and fruit

**Dinner:** Chicken (or other protein), sweet potato and veggie salad with dressing OR Burrito (protein, rice, cheese and veggies)

**Evening snack:** Toast with peanut butter and glass of 2% milk OR Popcorn and Almonds

### **For more meal/snack ideas:**

- [https://health.cornell.edu/sites/health/files/docs/External%20Weblinks/Nutrition\\_QuickMealIdeas.pdf](https://health.cornell.edu/sites/health/files/docs/External%20Weblinks/Nutrition_QuickMealIdeas.pdf)
- The nutritionists at Cornell Health have expertise in helping students develop an individual plan for your needs. If you have not already one, you may set up an appointment with a nutritionist online at <https://health.cornell.edu/services/nutrition-healthy-eating-services> or by calling **607-255-5155**.