



## MEAL FREQUENCY AND LOW BLOOD SUGAR

### How often should I eat?

Eating every 3-4 hours will help to keep blood sugar levels from dropping. Plan out 3 meals and use snacks to fill in gaps where you may be unable to eat a balanced meal. Snacks should contain 1-2 servings of carbohydrates and a protein source from a lean protein and dairy group.

Everybody's reaction to low blood sugar is different, so learning your own signs and symptoms of low blood sugar is helpful in managing your diabetes.

Common signs of low blood sugar include shakiness, feeling nervous or anxious, sweating, chills or clamminess, confusion, irritability, irregular heartbeat, light-headedness or dizziness, hunger, nausea, feeling weak or low energy, blurred/impaired vision, headaches, coordination problems, clumsiness, and paleness.

### What should I do if I have low blood sugar?

Follow the 15/15 rule (outlined below)

<b>STEP 1</b>	Eat 15 g of carbohydrates (or 1 carbohydrate serving)
<b>STEP 2</b>	Wait 15-20 minutes
<b>STEP 3</b>	Check blood sugar
<b>STEP 4</b>	If blood sugar is still below 70 mg/dL*, repeat steps 1-3
<b>STEP 5</b>	Continue to eat meals regularly to prevent a drop in blood sugar

*\*If you are above 70 mg/dL but still feel low blood sugar symptoms, please call your doctor. Always work with your diabetes care team to find your target blood sugar range.*

When your blood sugar is low, you may want to continue eating until you feel better. However, it is important to use the 15/15 rule to prevent blood sugar from spiking too high.