

POSSIBLE HYPOGLYCEMIA

Supportive Management

- To *rapidly* raise blood sugar level, take 15-20 grams of carbohydrates through eating any of the following: ½ cup of juice or regular soda, 1 tablespoon of sugar or honey, 8 ounces non-fat milk, or candies.

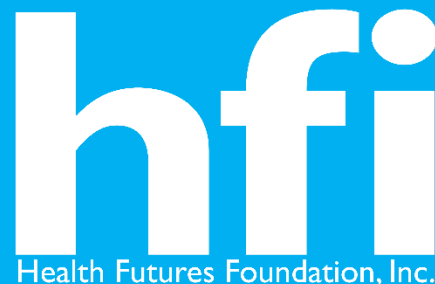
Prevention

- Eat small frequent meals (5-6 per day) instead of 3 large meals each day. Don't skip meals.
- Limit refined carbohydrates (e.g. pastries, sweetened juices, soda, white bread, candy).
- Include vegetables and protein-rich food (e.g. pork, beef, chicken, fish, beans) in meals.
- Limit drinking alcohol. If planning to drink alcohol, drink alcohol with meals. For women, limit alcohol to 1 drink a day. For men, limit alcohol to 2 drinks a day. A drink of alcohol is 12 ounces of beer, 5 ounces of wine, or 1½ ounces of liquor.

Herbal Medicine

- **Fresh Fruits**
 - Eat liberally.
- **Plain Coconut Water**
 - Provides 5.45 calories and 1.3 grams of sugar per ounce
 - May take as much of the coconut water as can be tolerated.

Consult doctor if seizures, fainting, confusion, vision changes occur.



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