Low Blood Sugar

By Anne Whittington and Jenny M. Grimm
Watch for...

body sweats

heart beats fast
hands shake

fingers feel asleep
To feel better...

drink some juice

or

2 packs of sugar
or

2 teaspoons of syrup

or

2 teaspoons of jelly
When you feel better, then eat...

crackers and peanut butter
sandwich and milk.
Eat breakfast lunch dinner on time.
Call the doctor if your sugar is low many times.
1. If your blood sugar is low what should you do?

- Drink some juice.
- Eat 2 packs of sugar.
- Eat 2 teaspoons of syrup.
- Eat 2 teaspoons of jelly.

2. Eat your meals on time to keep your blood sugar OK.

- Yes
- No
When you have a question ...
Call or visit your local Georgia Cooperative Extension office.
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advice and free publications covering agriculture and natural resources,
family and consumer sciences, 4–H and youth development.

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