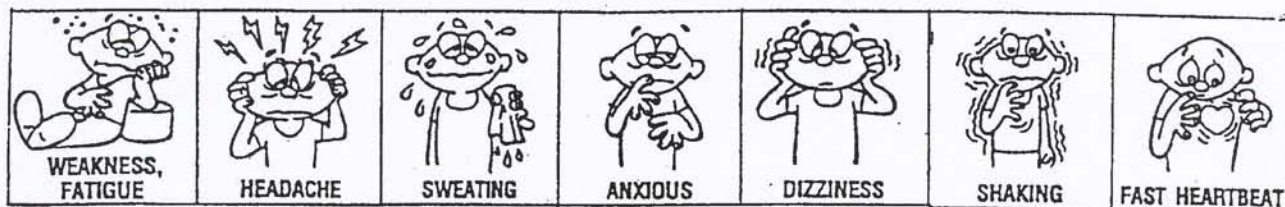# Your Child's Health

Treating Low Blood Sugar for Children

You are at risk of having a low blood sugar reaction if you:

- skip or delay a meal or snack
- take too much insulin or eat too little carbohydrate
- exercise

Check your blood sugar if you have any of these symptoms:

| WEAKNESS, FATIGUE | HEADACHE | SWEATING | ANXIOUS | DIZZINESS | SHAKING | FAST HEARTBEAT |

adapted from Novo Nordisk

If your blood sugar is less than 80 mg/dl: *

1. Eat 15 grams of carbohydrate (examples are on the back).

2. WAIT 15 minutes, then RECHECK your blood sugar.

3. If your blood sugar is still less than 100 mg/dl, take another 15 grams of carbohydrate and retest blood sugar in another 15 minutes. Repeat if necessary.

Important: If you have frequent low blood sugars speak to your doctor. You may need changes in your medication and/or meal plan.

* Discuss blood glucose targets and treatments with your doctor as these recommendations may vary.

UCSF Children's Hospital
at UCSF Medical Center

Physician Referral Service: 888/689-UCSF

Quick Carbohydrate Guide for Treating Low Blood Sugars

If your blood sugar is less than 80 mg/dl, take ONE serving (15 grams) of the quickly absorbed carbohydrates listed below.

Each of the following servings= 15 grams of carbohydrate

Candies and other Sweets	Beverages
• 5 small gum drops	• 1/2 cup apple juice
• 8 gummy bears	• 1/2 cup orange or grapefruit juice
• 6 large or 15 small jelly beans	• 1/2 cup pineapple juice
• 5 Life Savers	• 1/2 cup regular soda (NO DIET)
• 15 Skittles	• 1/3 cup grape juice
• 1 Tablespoon honey, jam or jelly	• 1/3 cup cranberry juice
• 1 Tablespoon sugar, dissolved in water	• 1/3 cup prune juice
• 4 Starburst	• 1 cup fat free milk
Fruits	**Other**
• 1 small banana, or 1/2 large	• 3-4 glucose tablets
• 1 small apple, or 1/2 large	• 1 tube glucose gel
• 1 small orange, or 1/2 large	
• 1/2 cup applesauce	
• 2 Tablespoons raisins	
• 17 grapes	

Note: The foods listed above are easily absorbed and will raise blood sugar levels quickly. Foods that contain nuts, peanut butter, or fat such as chocolate, candy bars, ice cream, or cookies don't raise the blood sugar quickly enough. Fat delays digestion and absorption.