

## Quick guide for low blood sugar snacks

### Blood sugar boosters:

- ❖ Fruit juice
  - 6-8 oz of apple juice
  - 6-8 oz of orange juice
  - 6-8 oz of grape juice (be careful how much grape juice you drink because it is the highest in natural sugars)
- ❖ Soda pop
  - Any kind but also be careful of how much you drink of this because it is also high in sugar. Things that are high in sugar (higher than others) may cause your blood sugar to go too high.
- ❖ Hard candy (rock candy is full of sugar and therefore would be a good sugar to take)
- ❖ Candy bar (chocolate or anything that has about 16grams of sugar or more)
- ❖ Fruit (if you can eat it fast enough. I would not suggest this if your blood sugar is 59 or lower, you need something fast!)

### Blood sugar levelers:

- ❖ Peanuts
- ❖ Pistachios (be careful because they are making a recall on pistachios)
- ❖ Bread and peanut butter
- ❖ Crackers and cheese (packaged or made yourself)
- ❖ Crackers and peanut butter (packaged or made yourself)
- ❖ Cheese
- ❖ Hamball (if you have leftover)
- ❖ Anything with carbs but not necessarily fat protein. Just remember this will make your blood sugar go high if you don't dose for it.
- ❖ Anything else that you can imagine except for vegetables and fruit