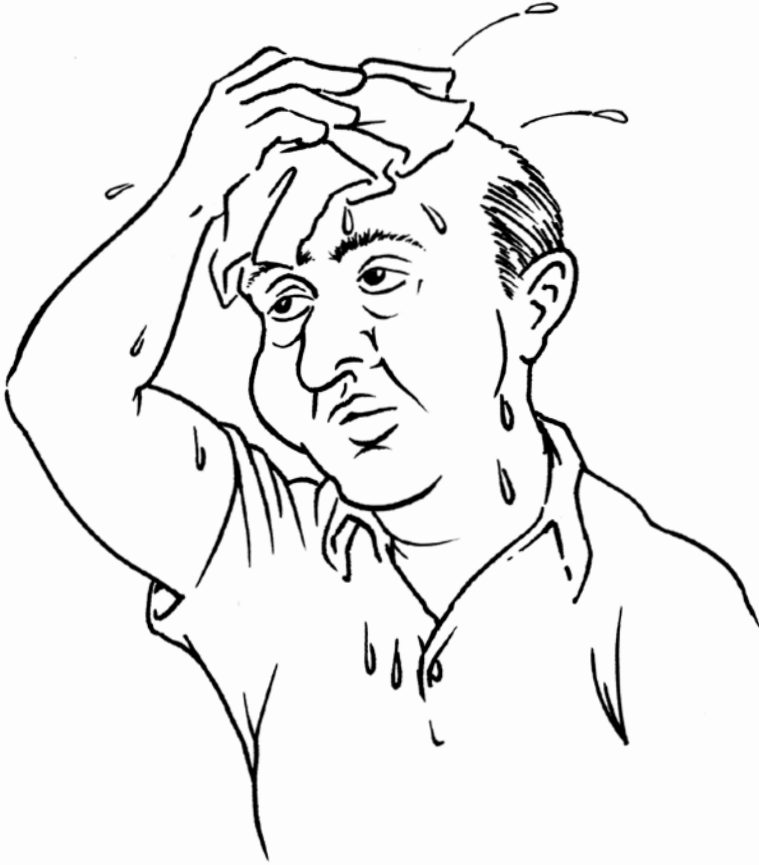




# Low Blood Sugar

By Anne Whittington and Jenny M. Grimm

Watch for...



body sweats

heart beats fast





hands shake



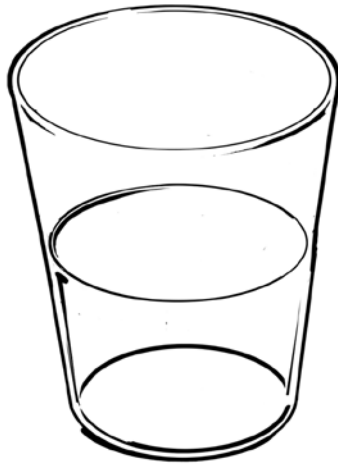
fingers feel asleep



To feel better...



drink some juice



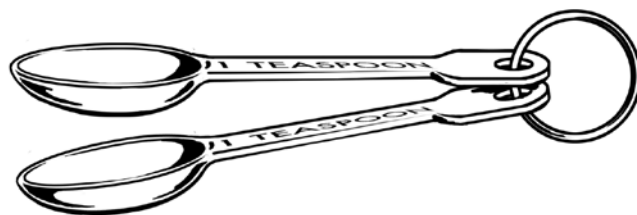
or

2 packs of sugar



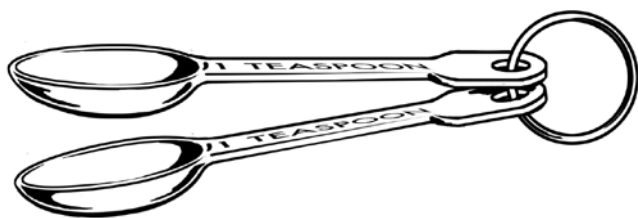


or



2 teaspoons  
of syrup

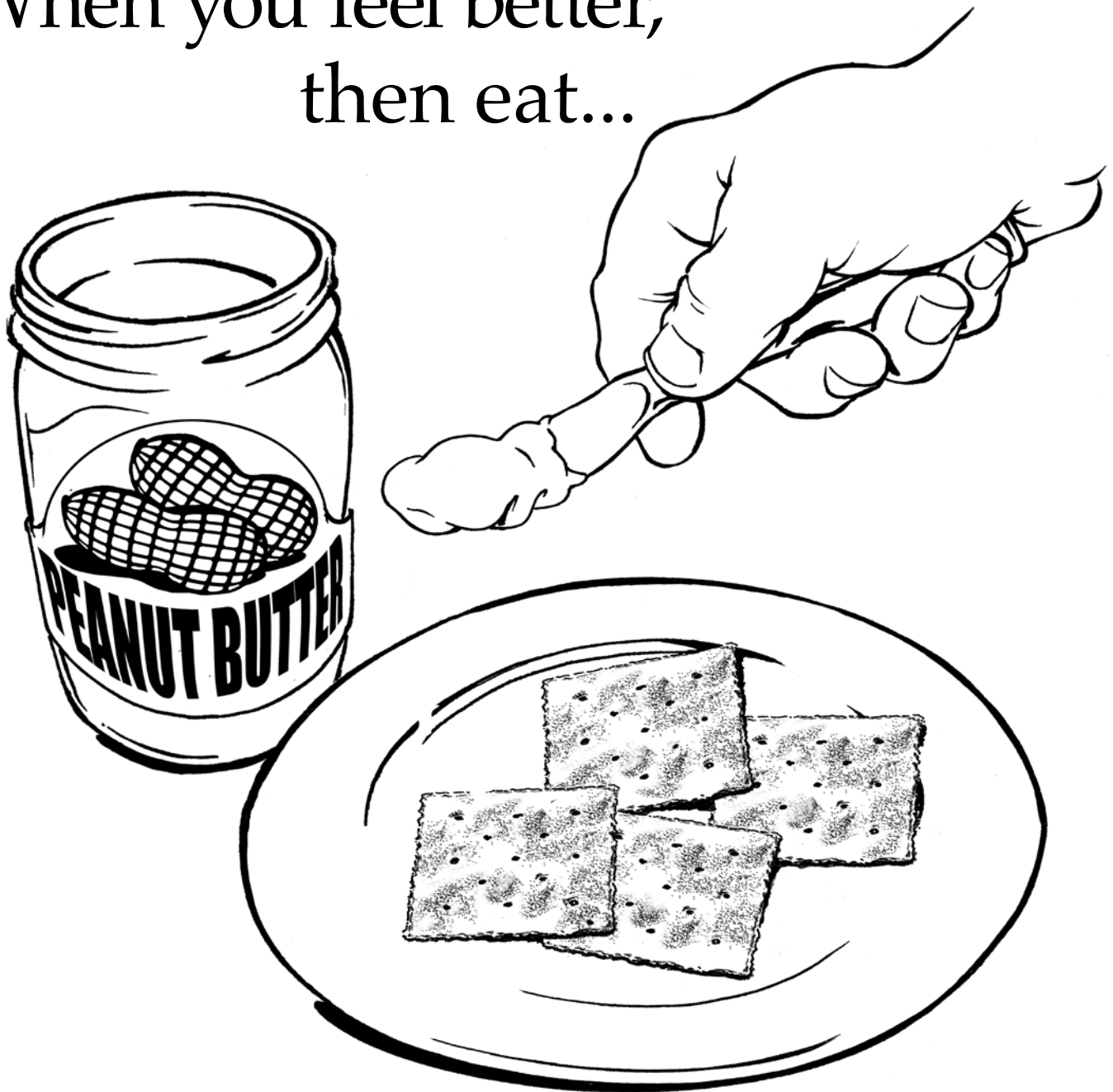
or



2 teaspoons  
of jelly

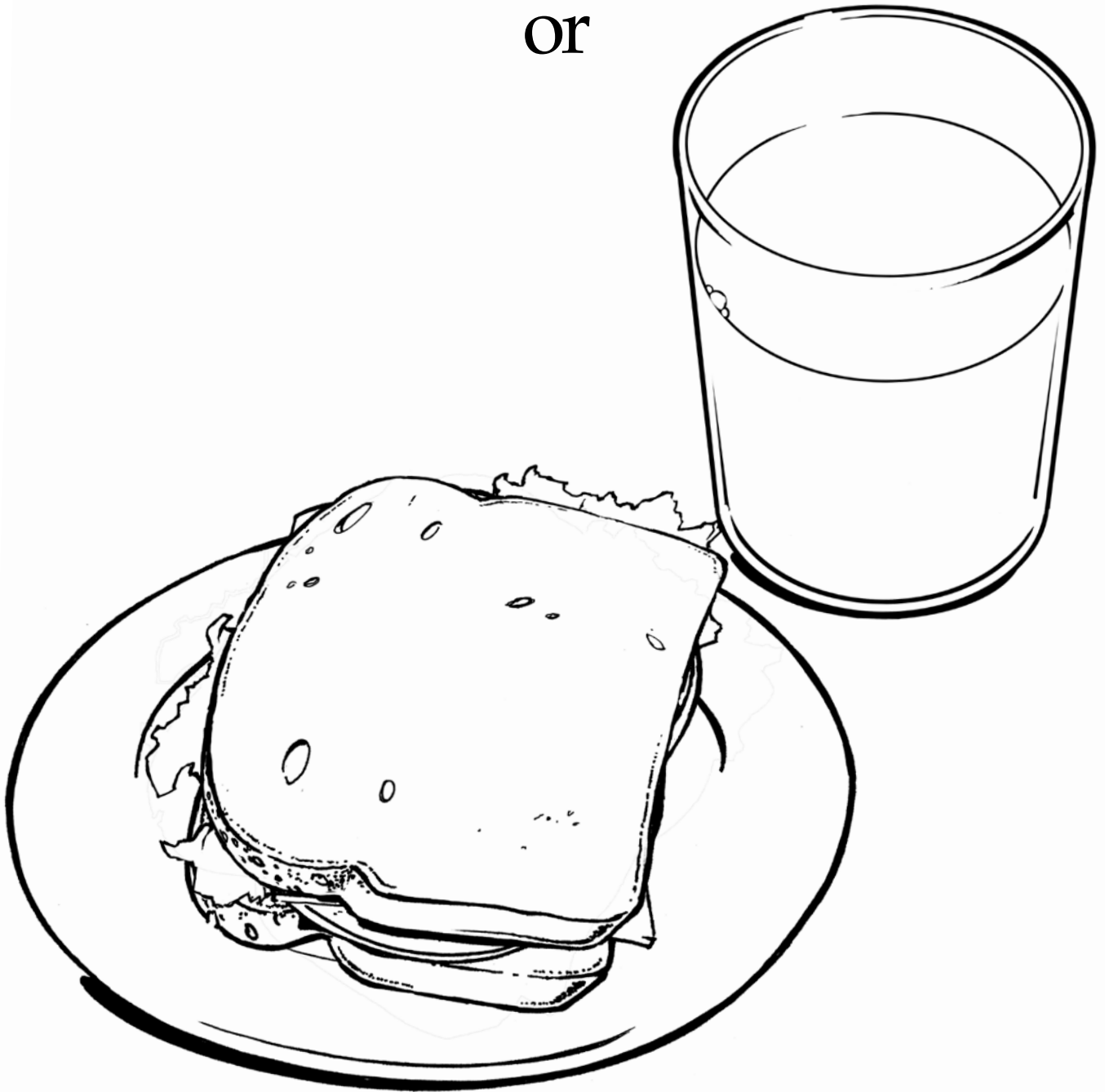


When you feel better,  
then eat...



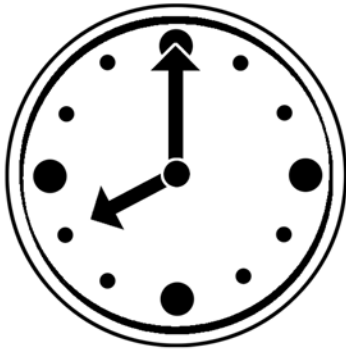
crackers and  
peanut butter

or

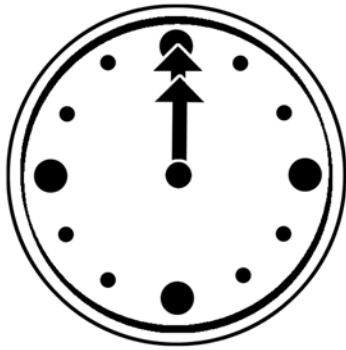


sandwich  
and milk.

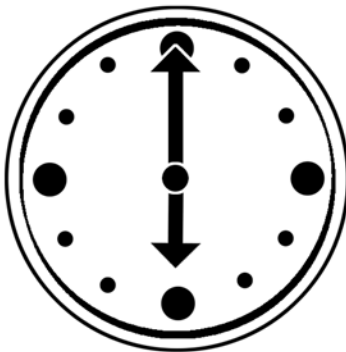
# Eat



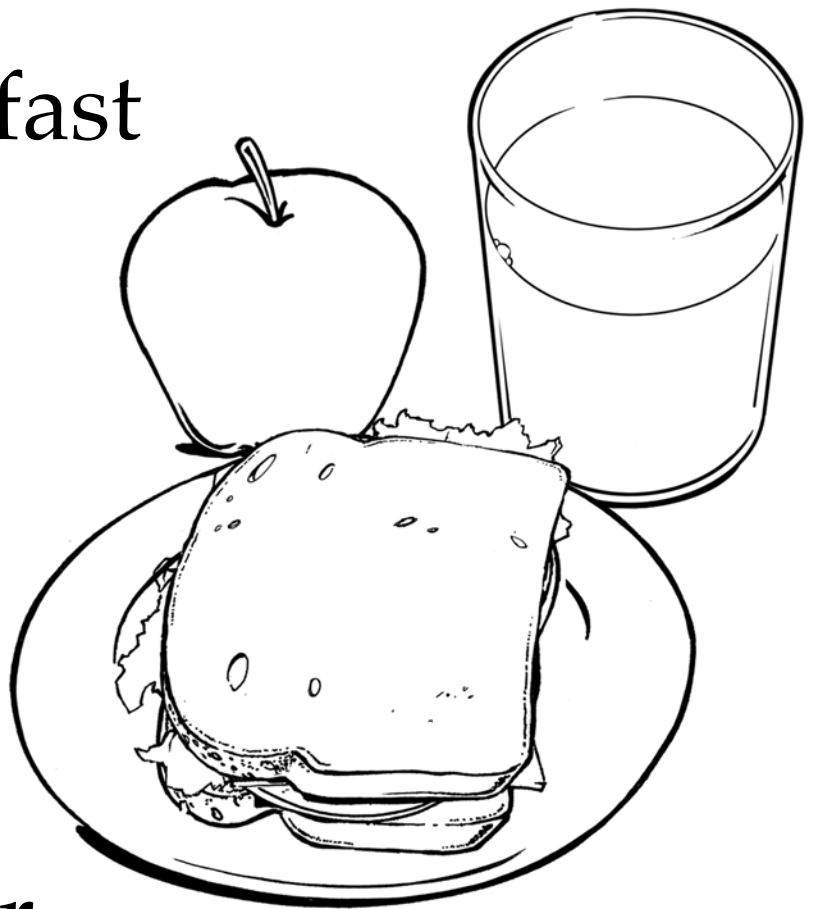
breakfast



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

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