

Examples of Treatments for Hypoglycemia

Food Item	Amount
Orange or apple juice	½ cup
Grape or cranberry juice	1/3 cup
Soft drink with sugar	½ cup
Honey or corn syrup	1 tablespoon
Sugar packets	3
Hard candies	3–4
Graham crackers	3
Raisins	2 tablespoons
Glucose tablets	1–2
Skim or low fat milk	1 cup

Within 15 minutes of treatment you should feel better. Test your glucose. If it is still less than 70, or you don't feel better, take another 15 grams of fast-acting carbohydrate.