

Low Blood Sugar: How to Treat It

How can I treat my low blood sugar?

If your blood sugar is low (below 70 mg/dl), follow the **15–15 rule**:

- Eat or drink 15 grams of carbs
- Recheck your blood sugar in 15 minutes

If your blood sugar is still low when you recheck it, repeat the steps until it's back to normal. When your blood sugar is normal again, eat a full meal or snack to keep it stable and prevent another low.

You can use special glucose (sugar) tablets or gels to get your 15 grams of carbs — usually by eating 4 glucose tablets or 1 tube of glucose gel.



4 glucose tablets



1 tube of glucose gel

Or try carb options like these to get your 15 grams:



Half a cup of fruit juice



6 large jelly beans



Half a cup of full-sugar soda



1 tablespoon of sugar or honey

When your blood sugar is low, sugary foods and drinks can save your life.

Your meal plan may say to cut down on things like juice and soda. But when you have low blood sugar, you need 15 grams of carbs to quickly raise your blood sugar to a safe level — and juice and soda are an easy way to get it.

