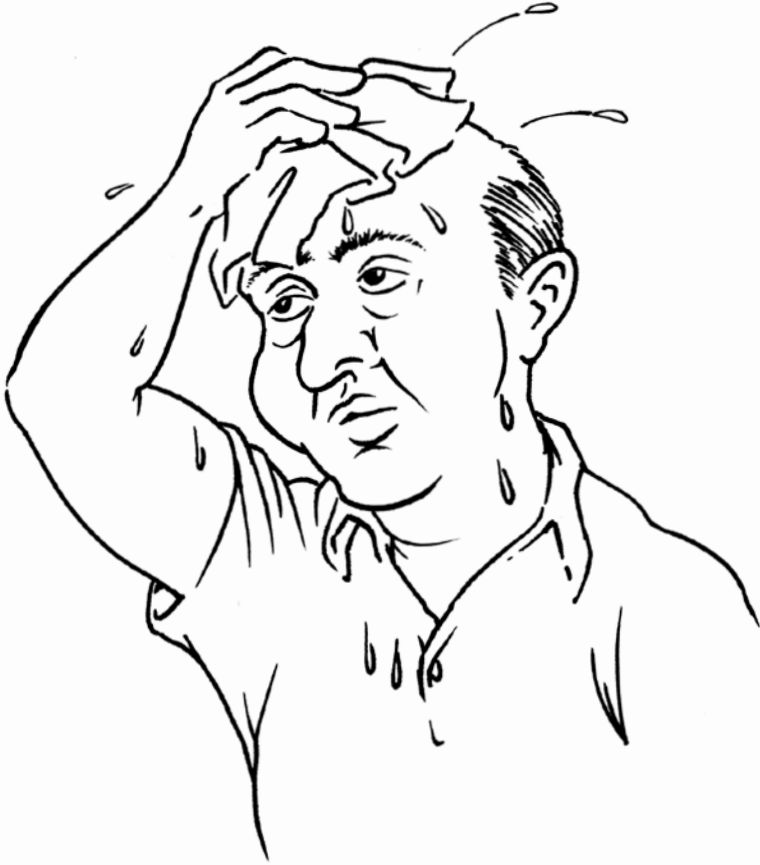




# Low Blood Sugar

By Anne Whittington and Jenny M. Grimm

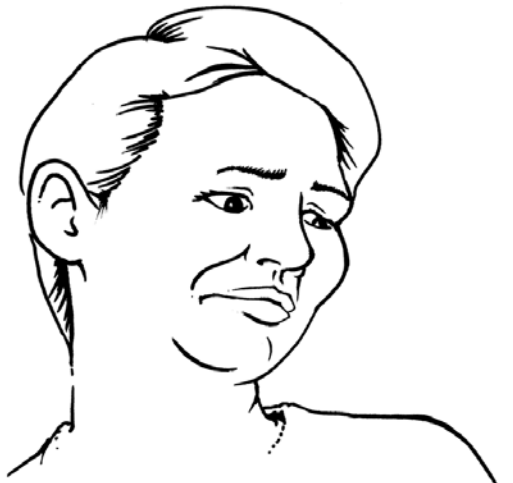
Watch for...



body sweats

heart beats fast





hands shake



fingers feel asleep



To feel better...



drink some juice

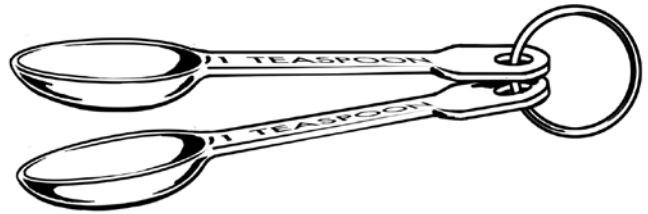
or

2 packs of sugar



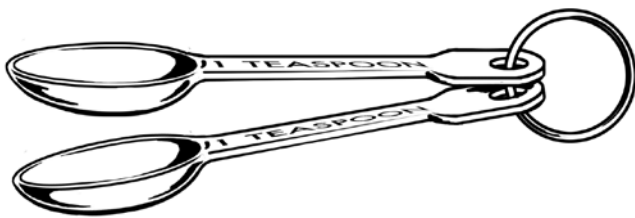


or



2 teaspoons  
of syrup

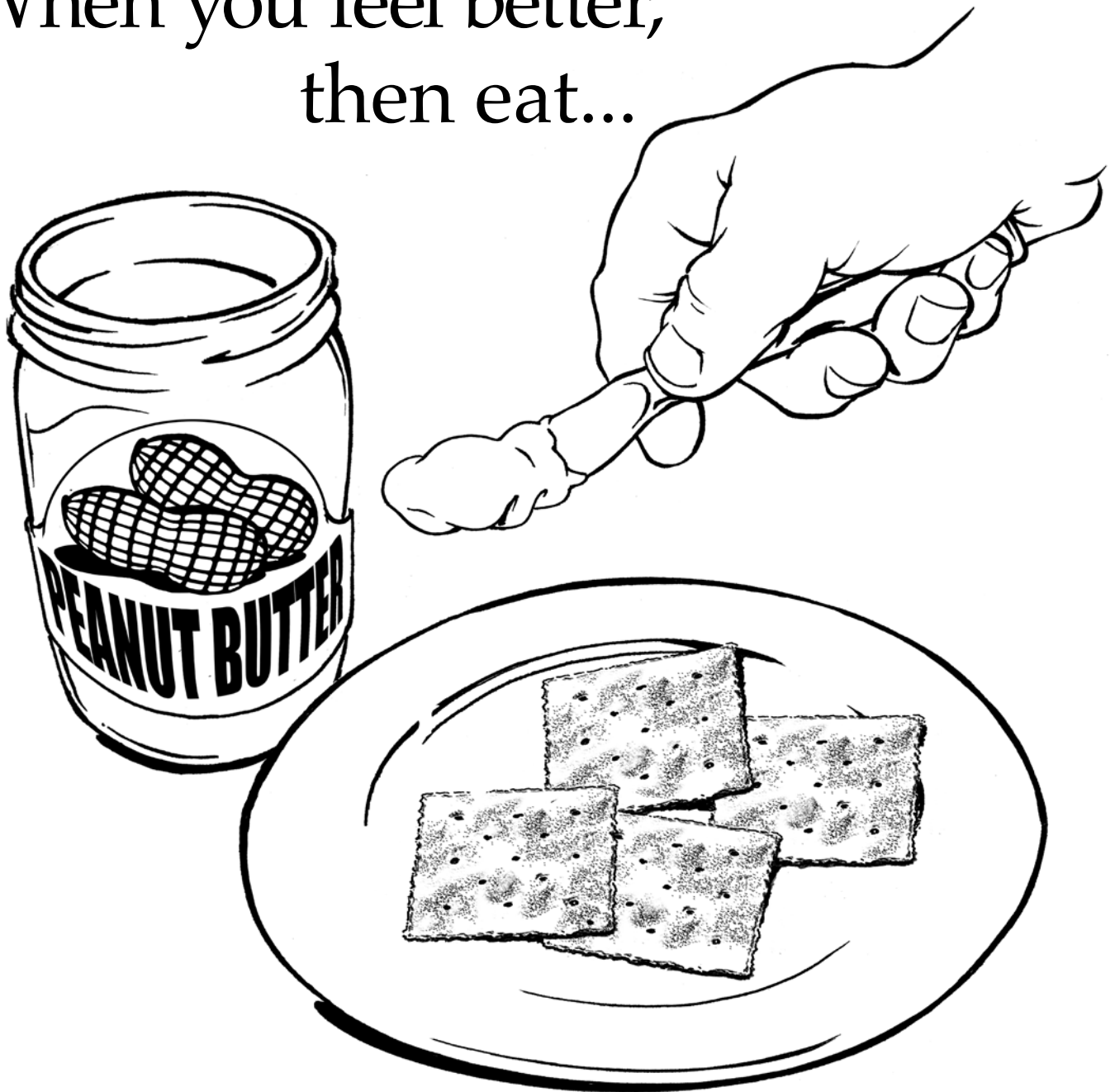
or



2 teaspoons  
of jelly

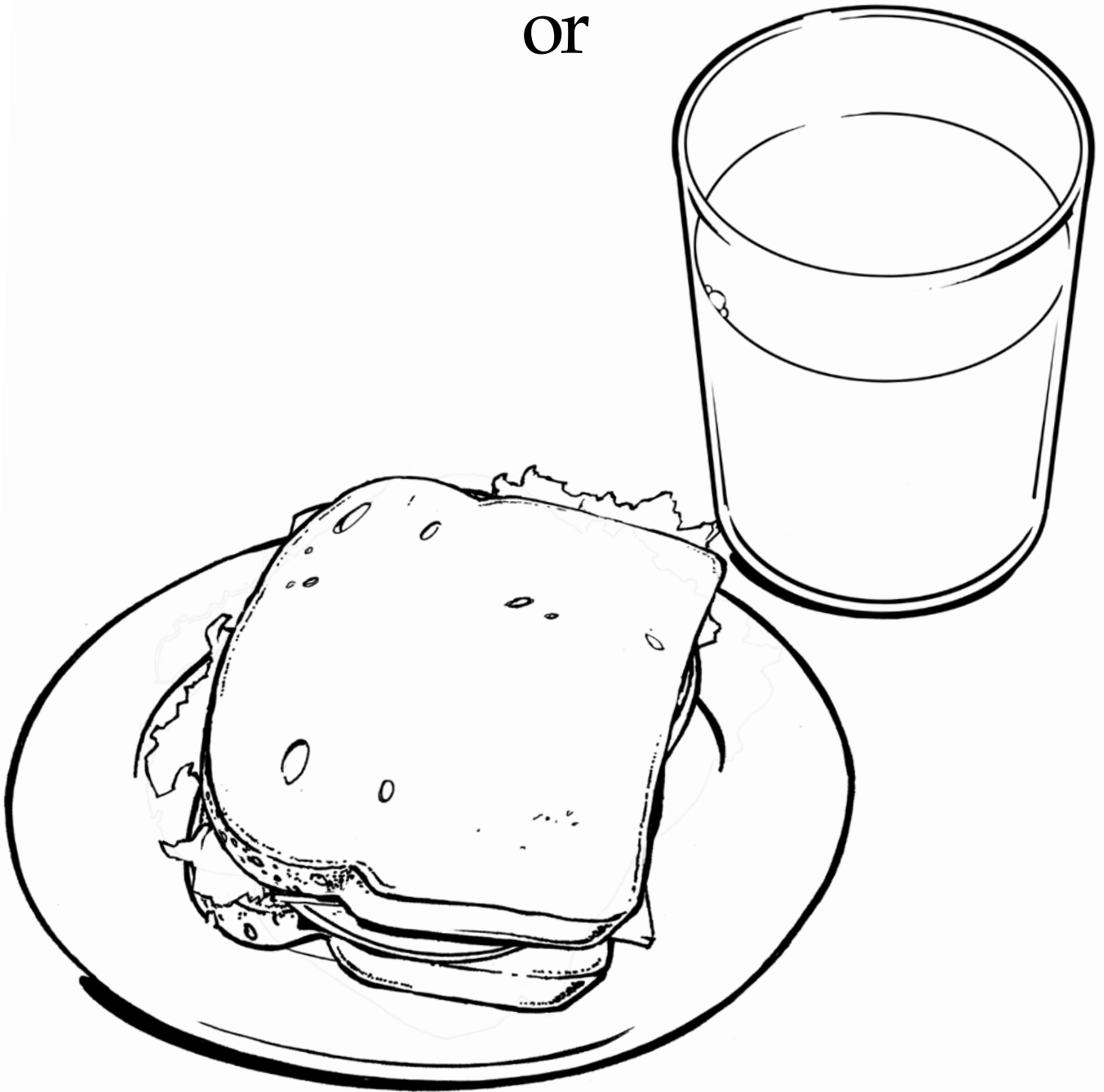


When you feel better,  
then eat...



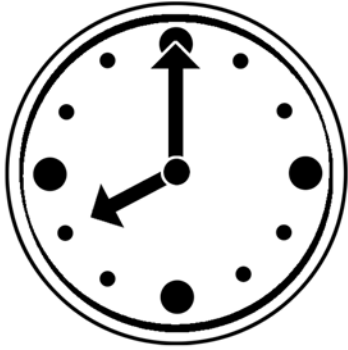
crackers and  
peanut butter

or

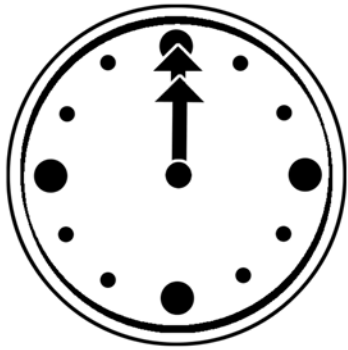


sandwich  
and milk.

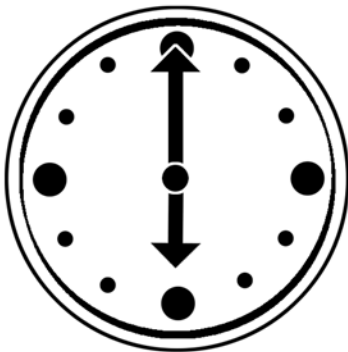
# Eat



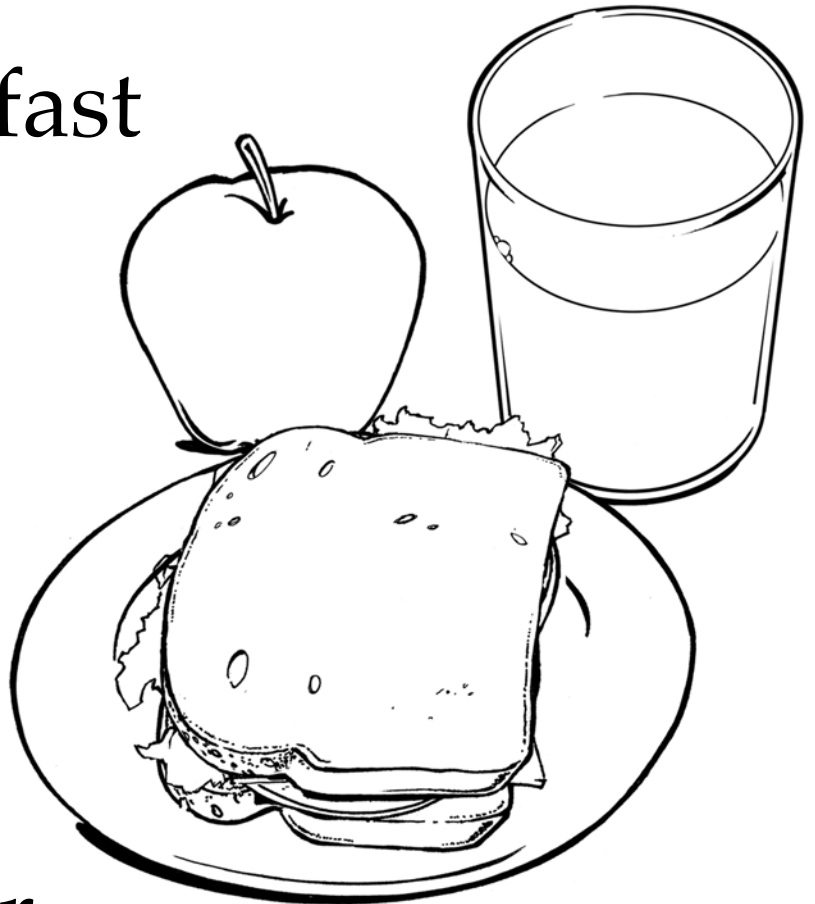
breakfast



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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