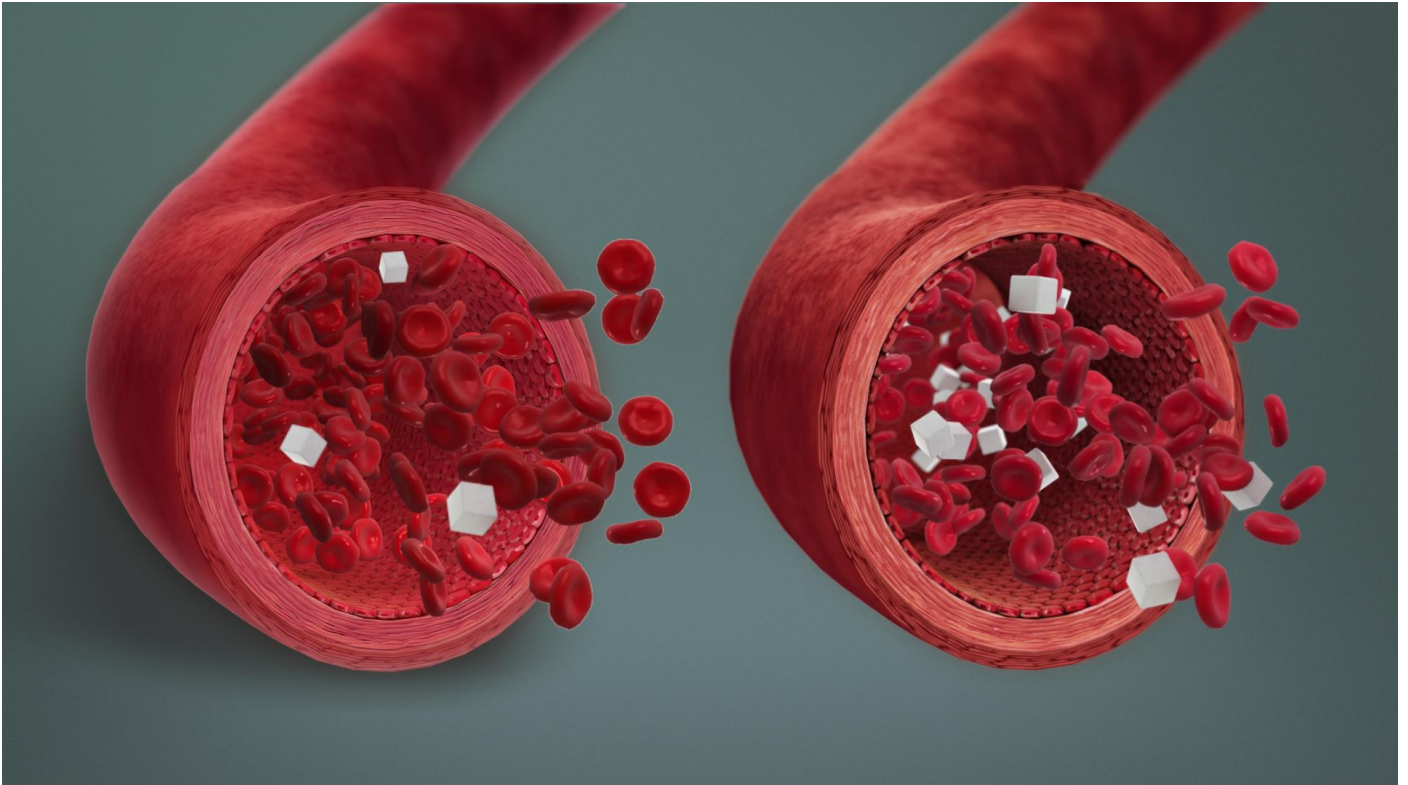


# Understanding Hypoglycemia



Note: The data is extracted from World Health Organization (WHO), Centers for Disease Control and Prevention (CDC), Mayo Clinic, and others. I don't claim any right on these data

## About Hypoglycemia

Hypoglycemia can be caused by several factors, including:

- **Medications:** Taking too much insulin or diabetes medications.
- **Delayed or skipped meals:** Not eating enough or delaying meals.
- **Alcohol:** Drinking alcohol without eating enough food.
- **Excessive exercise:** Engaging in physical activity without adjusting food intake or insulin dose.
- **Medical conditions:** Certain health conditions affecting the liver, kidneys, or adrenal glands.

## Home Remedies

Managing hypoglycemia at home involves raising blood sugar levels quickly to relieve symptoms:

- **Fast-acting Carbohydrates:** Consume foods or drinks containing fast-acting carbohydrates, such as:
  - Glucose tablets or glucose gel
  - Fruit juice or regular soda (not diet)
  - Hard candy or honey
- **Complex Carbohydrates:** Follow up with complex carbohydrates to stabilize blood sugar levels, such as:
  - Whole grain crackers or bread
  - Fruit
  - Yogurt or milk
- **Protein:** Include protein-rich foods to sustain blood sugar levels, such as:
  - Cheese
  - Nuts or nut butter
  - Hard-boiled eggs
- **Regular Meals:** Eat regular meals and snacks throughout the day to maintain stable blood sugar levels.

## Do's and Don'ts

### Do's:

- **Monitor Blood Sugar Levels:** Check blood sugar levels regularly, especially if you have diabetes or are prone to hypoglycemia.
- **Carry Glucose:** Keep fast-acting glucose sources with you at all times for emergencies.
- **Inform Others:** Inform family members, friends, or coworkers about your condition and how they can help in case of an emergency.

### Don'ts:

- **Delay Treatment:** If experiencing symptoms of hypoglycemia, do not delay treatment. Address low blood sugar levels promptly.
- **Over-Treat:** Avoid overeating or consuming excessive carbohydrates, as it may cause blood sugar levels to spike and then drop again.

## Dietary Recommendations

A balanced diet with regular meals and snacks can help prevent hypoglycemia:

Meal	Recommended Foods
Breakfast	<ul style="list-style-type: none"><li>- Whole grain cereal with milk and fruit</li><li>- Scrambled eggs with whole grain toast</li></ul>
Lunch	<ul style="list-style-type: none"><li>- Grilled chicken or tofu with quinoa and vegetables</li><li>- Salad with beans, avocado, and olive oil dressing</li></ul>
Dinner	<ul style="list-style-type: none"><li>- Baked fish with sweet potatoes and steamed broccoli</li><li>- Stir-fried tofu with brown rice and mixed vegetables</li></ul>