

MILD SUGAR LEVEL (HYPOGLYCEMIA)

For hypoglycemia you should take immediate action otherwise it leads to unconsciousness or coma .

The medical term that indicates unconsciousness is hypoglycemic or insulin shock.

Major suggestion that experts suggest are:

- # sugar patients should not smoke

- # patients should intake more protein-rich food

- # To manage stress

- # Experts initiate that sugar level of the patients should be monitored frequently

- # patients should avoid intake of sweets ,junk food ,fried food, flavoured soda

- # patients should avoid alcohol consumption or the limit of alcohol intake to be prescribed by doctors

- #patients are suggested to intake plenty of water

Doctors suggest to carry handy food items to prevent the sudden drop of sugar level:

- \$ Granola bars:

It contains oats ,nuts,rice krispies are rich in protein that boost the blood sugar level immediately

- \$ Fresh fruits:

Fruits like apricot that contains (1.1 gram of protein in quarter cup serving), a medium sized pear contains (1 gram of protein ,calories

101,carbs 27 grams),a medium sized apple is low in fat and cholesterol very rich in vitamin c (calories 100),orange mainly comprises carbs and water they are relatively low in calories and rich source of fiber ,banana is a rich source of potassium.

\$ Dry fruits:

They are sugar enhancing ,intake of dry fruits like almonds,pistachio,walnut,dried apricot

\$ Candies :

Most experts suggest the patients to carry candies because they increase the blood glucose and bring down the blurred vision .