

HIGH SUGAR LEVEL (HYPERGLYCEMIA)

For hyperglycemia drink plenty of sugar free fluids this can help if you are dehydrated.

To immediately lower the blood sugar take fast – acting insulin.

Major suggestion that experts suggest are:

- # sugar patients should not smoke

- # patients should intake more carbohydrates-rich food

- # Eat less salt

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

- # patients should avoid intake of sweet,junk food,flavoured sodas.

- # patients should drink alcohol sensibly

- # patients should cut down added sugar, eat less red and processed meat.

- # patients should be smart with snacks , and eat more fruits and vegetable.

Doctor suggest food items:

- \$ Limit intake of white rice,wheat flour,naan bread,fried chips.

- \$ Include fresh juice,foods with low carbs, like strawberry salsa in small portions

- \$ Include fresh veggies,beans,nuts,seeds,fish and seafood,chicken.

- \$ Limit the intake of sugar flavored coffees and chocolate drinks.