

Hypoglycemia Guidelines

- ◆ *Eat six small meals a day, or three meals with a snack in-between each meal. Remember not to overeat. An easy way to do this is to divide your total daily food intake into six small meals.*
- ◆ *At each meal, and/or snack consume foods high in protein, such as fish, poultry, meats, eggs, nut butters, tofu, and dairy products (low- or non-fat milk and cheese.)*
- ◆ *Eat starchy foods (such as pasta and potatoes) as a small side dish, not the main course.*
- ◆ *Eat an abundance of non-starchy vegetables.*
- ◆ *Don't skip any meals, especially breakfast. It's the most important meal of the day for someone with hypoglycemia. It will start you off on a balanced track.*
- ◆ *For breakfast, cooked, whole grain cereal is preferred to refined dry cereal.*
- ◆ *The maximum time span between eating should be 4 hours.*
- ◆ *Avoid foods high in simple sugars such as jams, jellies, table sugar, corn syrup, maple syrup, dextrose, brown rice syrup, honey, Jell-O, cakes, pies, candy, ice cream, etc. Stevia is acceptable.*
- ◆ *Read package labels to avoid foods containing sugars. Look for terms such as sugar, corn syrup, corn sweetener, or high fructose corn syrup.*
- ◆ *Eat sweets only at special meals, in small amounts, and only as part of the meal.*
- ◆ *Control your fruit consumption*
- ◆ *Eat fresh fruit or canned without sugar-rather than drinking juice. Even though juices are natural, they contain high amounts of sugar. Sugar is sugar is sugar. Your body will react to it.*
- ◆ *Fruit is never to be eaten alone only combined with protein or fat.*

- ◆ *Eat more fiber, and complex carbohydrates.* Fiber is the indigestible part of plants.
- ◆ *Avoid Alcohol*
- ◆ *Avoid foods and beverages containing caffeine* such as tea, colas, chocolate and cocoa. Be aware of the fact that some medications contain caffeine
 - ◆ *Always be prepared!* Keep your blood sugar stabilized at all times, whether at home, office, school or traveling. Always have allowable foods ready in the refrigerator or cupboards. Always keep snacks in your car or where you are at work or school. Being prepared with meals and snacks is the key to successful hypoglycemia balancing and a healthier you.
- ◆ *Decrease your fat intake.* A low-fat diet has been shown to help in treating hypoglycemia.
- ◆ *Exercise is important.* Try to do some type of physical activity on a daily basis. Never exercise on an empty stomach.
- ◆ *Concentrate on the foods you can have,* instead of the foods you need to change out of your diet. There is plenty.
 - ◆ *Don't obsess about the food plan.* The constant focus on what you can, and cannot eat, will only cause more fear, stress and frustration, and affect your hypoglycemia.
 - ◆ *If you are overweight, loose weight.* Excess body weight has been shown to interfere with the mechanism that regulates glucose.

Hypoglycemia is a condition where the blood glucose levels falls lower then normal. Here is how it happens.

- When foods are eaten and digested by the body, they are broken down into many nutrients.
- These nutrients are absorbed into the bloodstream and used in the performance of all the different body functions.
- A very important nutrient, one that is necessary for life, is glucose.
- It's this blood sugar that serves as fuel for the body.

Ø The regulation of blood sugar involves a hormone called insulin.

Ø The regulation of the blood sugar level is a complex one.

Ø **A simple analogy to explain this would be two children trying to balance a seesaw.**

Ø There may be a slight shifting or teetering, a swinging up and down as the children shift their weight in order to achieve balance on the seesaw. This is an example of when the balance of glucose and insulin are regulated well, and the flow of glucose into the cell is well controlled, such as eating regularly time spaced meals that have protein and small amounts of carbohydrates.

Ø If the children act wildly and uncontrollably, the action of the seesaw would be a wild swinging up and down. This would be an example of when the glucose and insulin are not balanced and the flow of glucose into the cell is not controlled. If a person skips meals, has an adrenaline surge, drinks caffeine, or has a large intake of concentrated sugar, this would be the case. The body would over react and set the process in motion to reduce blood glucose. The end result is an overly low glucose level from the body over-reacting.

When choosing foods you also need to consider how quickly foods are digested and absorbed by the body.

Ø Some foods are digested, and absorbed rapidly. Simple carbohydrates, or simple sugars found in fruits, juices, milk, sodas, candy, white carbohydrates, and other concentrated sweets are examples. Eating these foods results in a burst of glucose entering the bloodstream, and the body has to compensate. Therefore, meals that are high in simple carbohydrates can contribute to hypoglycemia.

Ø Other foods are absorbed more slowly, such as, complex carbohydrates, (high fiber foods) proteins, and fats. Complex carbohydrates are many molecules of sugars linked together like beads on a string. They take longer to break down into glucose in the intestine. The best way to manage hypoglycemia is have glucose enter the bloodstream at a steady, even pace. This can be done with changes in eating habits, and following the guidelines set forth.

Sample Breakfast:

Egg, hard-boiled/fried/scrambled in

Whole Grain Toast, or Low carb high fiber bread

Berries

Sample Lunch:

Whole Wheat Pita of Low-fat cheese/tuna/lean meat

Green Salad w/ olive oil vinaigrette

Avocado Slices

Fruit

Sample Dinner:

Steamed Veggies

Spinach & Mushroom Salad

Grilled/Roasted Salmon

WW Couscous

Sample Snacks:

Dry Roasted Almonds/Peanuts

Raw Veggies w/ Hummus dip

Low fat cheese w/ Whole grain crackers (RyVita or Wasa)

Nut Butter and apple

Dry Roasted nuts with Fruit

B Complex – 50 mg, C – 1000mg, E – 400 IU after meals, Zinc-15 mg, Chromium-200 mcg, Magnesium – 340 mg

Some Web links for recipes:

Do yourself a Flavor

http://fangc.nci.nih.gov/rserver/r-bin/recipe_server.cgi

<http://www.grahamkerr.com/>

SuperMarket Savvy

<http://supermarketsavvy.com/>

Food Groups

Meat and meat alternatives	All lean meat and poultry, seafood, nut butter, nuts and seeds, tofu, eggs.	Fatty and heavily marbled meats, hot dogs, salt pork cold cuts, sausage, bacon. Fried meats, or those prepared with sweetened sauces.
Breads, Grains, Potatoes, Legumes, & Starchy Vegetables	Whole grain bread and rolls; English muffins; unsweetened high fiber cereals; brown rice; quinoa, amaranth, millet, whole wheat pasta and noodles; whole grain crackers; pretzels; popcorn; legumes, (beans, peas, and lentils), winter squash, green peas, corn	Presweetened cereals; sweet rolls; pastries; donuts with sugar toppings, glaze, and fillings; frosted cakes; pies; cookies, creamed, sweetened, or glazed veggies
Milk and Milk products	Skim milk, 1% fat milk, non-fat dry milk, plain or artificially sweetened low-fat yogurt, buttermilk, low fat skim milk cheeses, soymilk, almond milk, oat milk.	Whole or 2% milk, cream, chocolate milk, ice cream, and ice cream products, flavored or fruited yogurt, milkshakes, sundaes, malted milk, sweetened pudding and custard, cocoa mixes, processed cheeses, cheese spreads

Non Starchy Veggies	Asparagus, broccoli, green beans, cabbages, cauliflower, brussels sprouts, bell peppers, bok choys, spinach, lettuces, radishes, mushrooms, celery, tomatoes, onions, carrots (raw only), dark green leafy vegetables, squash, leeks, fennel, tomatoes, kale, purslane, okra, seaweed, artichokes, bamboo shoots, bean sprouts, hearts of palm, cucumbers, watercress, coleslaw, pickles, sauerkraut; If you are watching your salt intake due to a health conditions, omit the last two. Mixed vegetable dishes: salsa, vegetable soups, vegetable dips, ratatouille, tsatsiki ,Vegetable juices like V-8.	Any that are creamed or glazed.
Fruits	Fresh fruit, or fruit canned in natural juice, or water,	Any canned in heavy syrups, candied fruit
Beverages	Decaffeinated coffee, tea, and herbal teas, water, diet decaffeinated sodas;	Sweetened fruit juice; <i>ades</i> and <i>punches</i> ; alcohol; regular and caffeinated sodas.
Fats and Oils	Unsaturated vegetables oils such as corn, safflower, Sesame, soybean, sunflower, peanut, canola, or olive oil; salad dressings and mayonnaise made with these oils.	Visible fat, poultry skin, fried foods, high-fat sauces and gravies, butter, shortening, hydrogenated oils, coconut oil

Miscellaneous	Jelly, jam, or gelatin with sugar substitute or unsweetened; herbs; spices; seasonings; vinegar; lemon juice; broth; unsweetened pickles; sugar substitutes; homemade soups with low-fat broth	Sugar, jam, jelly, honey, syrup, molasses, candy, sweetened gelatin, dietetic chocolate candy, sherbet, fruit ice, Popsicles, creamed soups
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If any of the above is on a restricted food list due to allergies, please omit them.

What counts as one serving?

Food Group	Amount
Breads, cereal, rice and pasta	Bread, 1 slice Cooked rice or pasta, ½ a cup Cooked cereal, ½ a cup Ready-to-eat cereal. 1oz
Vegetables	Chopped raw or cooked vegetables, ½ cup Leafy raw vegetables, 1 cup
Fruits	Fruit or melon wedge, 1 piece Juice, ¾ cup Canned fruit, ½ cup Dried fruit, ¼ cup
Milk, Yogurt, and Cheese	Milk or Yogurt, 1 cup Natural Cheese, 1 ½ oz Processed Cheese 2 oz

Meat, poultry fish, dry beans, eggs, and nuts	Cooked lean meat, poultry, fish, 2 1/3 or 3 oz count Cup of cooked beans, ½ Or 1 egg, or 2tsp of peanut butter as 1 oz of lean meat
Fats and Sweets	LIMIT CALORIES FROM THESE especially if you need to lose weight

If you are following a meal plan that was specifically developed for you, occasionally you may need to change your plan. Here are some easy substitutions:

Starch Exchange/serving:

To omit one **starch** exchange: add **fruit** exchange

To add one **starch** exchange: omit one **fruit** exchange

Meat Exchange/serving:

To omit one **Meat** exchange: add one low-fat **Milk** exchange and omit one **Fruit** exchange

To add one **Meat** exchange: omit one low-fat **Milk** exchange and add one **Fruit** exchange

Fruit Exchange/serving:

To omit one **Fruit** exchange: add one **Starch** exchange

To add one **Fruit** exchange: omit one **Starch** exchange

Milk Exchange/serving:

To omit one nonfat **Milk** exchange: add one **Fruit** exchange and one lean **Meat** exchange

To add one nonfat **Milk** exchange: omit one **Fruit** exchange and one lean **Meat** exchange

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