

**LOW BLOOD GLUCOSE:
RULE OF 15**

If glucose level is below 70 mg/dl:



Give 15 grams of simple sugar (see list below)



Wait 15 minutes



Re-check glucose. If still below 70, repeat Rule of 15

Food	Approx. 15 grams of carb equivalents
Glucose Tabs	3-4 Tabs
Cake Gel	1 Tube
Juice	1/2 Cup
Sugar	3-4 tsp
Regular Soda	4-5 oz
Skim Milk	1 Cup
Raisins	2 Tbsp
Maple Syrup	2 Tbsp
Candy (hard and gummy)	See packaging