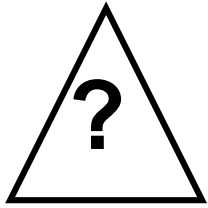


Healthy Eating for Diabetes

Blood Sugars





How will my sugar levels be checked?

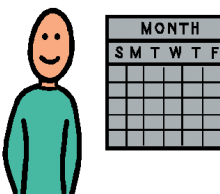


Blood test

or

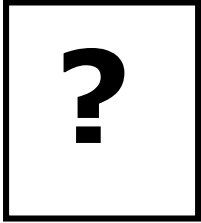


Urine test

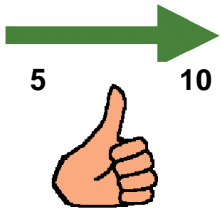


On a regular basis

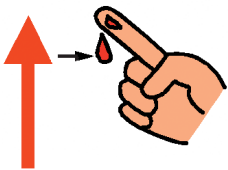




What is a good blood sugar level?



Between 5 and 10



If your blood sugar is too high

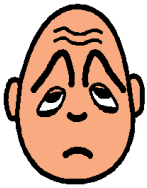


You may feel unwell





You may feel thirsty



You may feel very tired

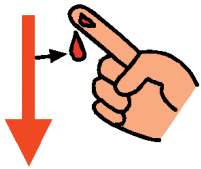


You may start to wee a lot



Tell your nurse, doctor or carer





If your blood sugar level is too low



You may feel unwell



You may start to shake or tremble



You may feel faint or fall

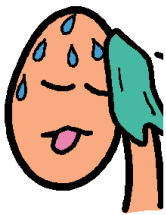




You may feel irritable



You may have blurred
eyesight



You may sweat a lot



Tell your nurse, doctor or
carer



You may need to take something very sweet such as:



2 heaped teaspoons of sugar

or



3 glucose tablets

or



A cup of sugary drink like
lemonade or cola

Followed by a light snack such as

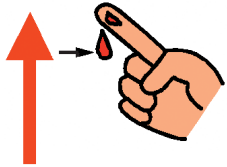


A milky drink and a sandwich

Have your meals as usual

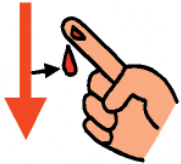


If your blood sugars are often



Too high

or



Too low



Tell your nurse, dietitian or
carer



You may need your diet or
medication changed





Notes

When my blood sugar is too low I need to have:



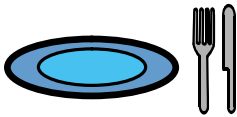


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Cyfarwyddiaeth Gwasanaethau Anabledd Dysgu

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Gwasanaeth Iechyd Cyhoeddus Cenedlaethol Cymru

Adapted from original document produced by Community Dietitians at Bristol South & West Primary Care Trust

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