

A normal blood sugar (also called glucose) stays between 70-100 mg/dL before eating most of the time. Sometimes blood sugars can go above or below these normal levels. Your doctor will help you figure out why this is happening.

These tips can help keep blood sugar at more normal levels:

- Do not skip meals. Eat three balanced meals a day. Additional snacks may be needed. Talk with your doctor or dietitian about what your meal plan should be.
- Drink water and sugar-free drinks. Avoid regular soda, fruit drinks and other sugary drinks. Even 100% juice has a lot of sugar and should be avoided. These drinks can cause blood sugars to go up high, then sometimes drop low afterwards.
- Eat a lean protein food and small amounts of healthy fats at each meal. These include: lean meats, eggs, beans, cheese, avocados, and nuts or nut butters.

Choose foods that are high in fiber. These include: fruits, vegetables, whole grain breads and cereals. Aim for at least 3 grams of fiber per serving of grains. Ask your doctor how physical activity can be included. It is safe to do in most cases, and can sometimes help keep blood sugars normal. Use this chart to pick better foods

Food	Choose	Avoid
Drinks	Choose water or white milk most of the time. Other options: Unsweetened tea, sugar-free drinks, diet soda.	Flavored milks, all regular juice (even 100% juice), soda, Kool-Aid or fruit drinks, sports drinks, energy drinks (Red Bull/ Monster), sweetened teas
Breads, cereals, rice, and pasta	Unsweetened cereal, whole-grain breads, whole wheat pasta, brown or wild rice. Look for more than 3 grams of fiber per serving.	Pastries, doughnuts, sugary cereals, white rice, white pasta.
Fruits and vegetables	Any fresh fruit or canned/ frozen fruit packed in water and fresh, frozen or canned vegetables.	Fruit in sauce, syrup, or fruit juice, fruit snacks, or frozen fruit with added sugar.
Desserts	Best options include: frozen fruit, light yogurts. Other options: Sugar-free pudding or sugar-free gelatins.	Syrup, jelly/jam, cake, pie, cookies, sherbet, candy. It is best to have these in small amounts with a meal if you have them.

If your blood sugar drops low (<70 mg/dL), you may need a sugary food or drink to bring your blood sugar up. Let your doctor know if you are having low blood sugars.

Food to have when blood sugar is low:	Amount:
100% juice	4 oz
Glucose tabs	4 tabs

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.