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: