

## Reactive Hypoglycemia

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### What is reactive hypoglycemia?

Hypoglycemia means low blood sugar. Reactive hypoglycemia is having low blood sugar after eating a meal. The cause of reactive hypoglycemia is not known.

### How do I know if I have reactive hypoglycemia?

You have reactive hypoglycemia if you have:

- any symptoms listed below a few hours after a meal **and**
- these symptoms go away after eating or drinking

### What are the symptoms of reactive hypoglycemia?

You may feel:

- hungry
- shaky
- dizzy
- sleepy
- sweaty
- anxious
- weak
- confused



### How can I manage reactive hypoglycemia?

Reactive hypoglycemia is treated with diet. The purpose of the diet is to keep blood sugars level throughout the day.

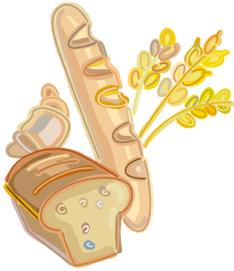
Here are some helpful hints:

- eat 6 small meals a day
- space meals 3 to 4 hours apart
- eat protein at each meal and snack times
- avoid skipping meals and snacks
- limit alcohol
- limit caffeine
- limit sweets like cookies, cakes, candy, pop, juice and sweet drinks

You may feel like eating sweet foods like cookies, cake and candy, as they are high in sugar. Even though these raise your blood sugar quickly, it can go too high too fast. This causes the release of too much insulin which can then lead to low blood sugar.

Instead, eat complex carbohydrates because these release less sugar over a longer period of time. Having a complex carbohydrate with protein will slow this release even more.

Try putting any of these together:



### Complex Carbohydrates

- whole wheat crackers
- whole wheat bread
- whole wheat pita
- whole grain rice
- potatoes
- whole grain cereal

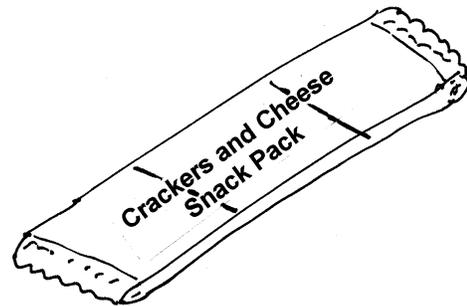
### Protein

- nuts
- cheese
- meat
- lentils
- peanut butter
- eggs
- Greek yogurt



Here are some more ideas:

- crackers and cheese
- pita and hummus
- muffin and cheese
- nuts and yogurt
- melba toast and peanut butter



### Sample Menu

<p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>• 1 cup (250 ml) bran flakes</li> <li>• 1 cup (250 ml) low fat milk</li> <li>• 1 banana</li> <li>• 1 spoonful of nuts or seeds</li> </ul>	<p><b>Afternoon Snack</b></p> <ul style="list-style-type: none"> <li>• 6 crackers</li> <li>• 1 piece low fat cheese</li> </ul>
<p><b>Morning Snack</b></p> <ul style="list-style-type: none"> <li>• ½ cup (125 ml) Greek yogurt and 6 almonds</li> </ul>	<p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>• 3 to 4 ounces of fish or meat</li> <li>• ½ cup (125 ml) rice</li> <li>• 2 cups (500 ml) mixed vegetables</li> <li>• ½ cup (120) pineapple</li> </ul>
<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• 1 chicken sandwich</li> <li>• cucumbers and celery sticks</li> <li>• 1 apple</li> </ul>	<p><b>Evening Snack</b></p> <ul style="list-style-type: none"> <li>• 1 slice toast</li> <li>• 1 cup (240 ml) milk</li> <li>• 1 tablespoon (15 ml) peanut butter</li> </ul>