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# HYPOGLYCEMIA DIET



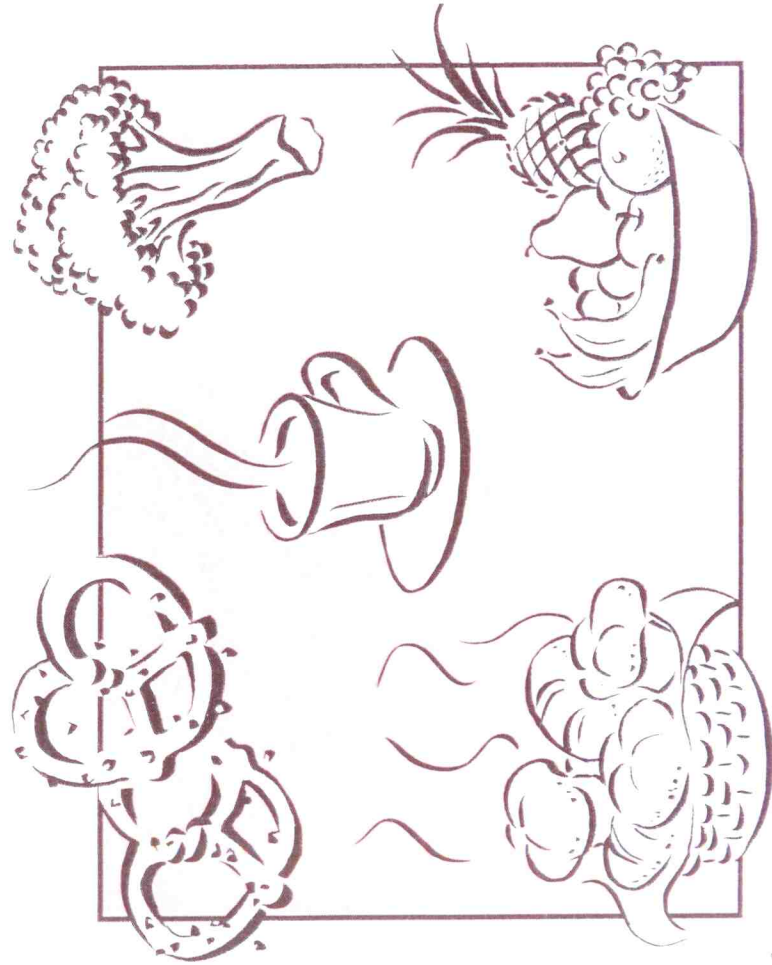
# HYPOGLYCEMIA DIET

## PURPOSE

Hypoglycemia is the term for a blood glucose level that is lower than normal. When foods are digested in the body, they are broken down into many nutrients. These nutrients are absorbed into the bloodstream to be used in performing various body functions. One of these nutrients is glucose, a sugar that provides fuel to the body. A complex process regulates the

amount of sugar in the blood. If the amount of glucose drops below normal, the person may feel the symptoms of hypoglycemia—apprehension, hunger, sweating, rapid heartbeat, and faintness. Symptoms caused by the release of adrenalin, a part of this complex process.

Hypoglycemia can occur from certain illnesses, such as liver disease and some types of tumors. These conditions cause



# FOOD GROUPS

## Group

## Recommend

## Avoid

### Meats and Meat Alternatives

all lean meat and poultry, seafood, peanut butter, nuts and seeds, limit eggs to four per week including those used in cooking

fatty and heavily marbled meats, hot dogs, salt pork, cold cuts, sausage, bacon, fried meats, or those prepared with sweetened sauces

### Breads, Grains, & Potatoes\*

enriched or whole grain bread and rolls; English muffins; unsweetened cereals; potatoes; rice; pasta and noodles; crackers; pretzels; popcorn; plain cakes and cookies made with allowed oils, low fat milk, and sugar substitute

presweetened cereals; sweet rolls; pastries; donuts with sugar topping, glaze, and fillings; frosted cakes; pies; cookies

### Milk and Milk products

skim milk, 1% fat milk, nonfat dry milk, evaporated skim milk, plain or artificially sweetened low-fat yogurt, buttermilk, cocoa with sugar substitute, puddings made with allowed milk and sugar substitute, low-fat and skim milk cheeses

whole or 2% milk, cream, chocolate milk, ice cream and ice cream products, flavored or fruited yogurt, milkshakes, sundaes, malted milk, sweetened pudding and custard, cocoa mixes, processed cheeses, cheese spreads

### Vegetables\*

dark green or yellow vegetables (eaten daily), all other raw or cooked vegetables, legumes (beans, peas, and lentils)

any glazed or sweetened

### Fruits\*

citrus fruit (eaten daily), raw fruit or fruit canned in natural juice or water, dried fruit

any canned in heavy syrups, candied fruit

### Beverages

decaffeinated coffee, tea, and herbal teas; water; diet decaffeinated sodas; unsweetened fruit juice

sweetened fruit juice, ades and punches; alcohol; regular and caffeinated sodas

