



This fact sheet is designed to help you learn how to fuel your body for lasting energy and to prevent low blood sugar.

## The Low Down

Are you always tired? Do you get headaches often? Do you have low energy? Do you cra

ve sweets? These are some of the most common signs of hypoglycemia. Simply put, hypoglycemia is a condition where a person's blood sugar becomes too low. But as you read this handout remember...having low blood sugar does not necessarily mean you are hypoglycemic.

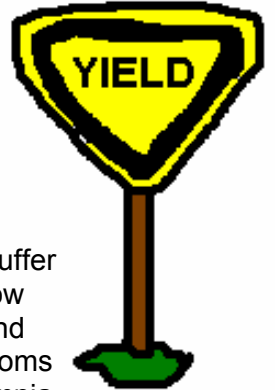
## The Science



Hypoglycemia happens when the body can not handle large amounts of sugar. Normally, after we eat a carbohydrate, our blood sugar level rises and our pancreas sends out the hormone insulin into the blood to bring the blood sugar down to normal levels. In hypoglycemia, the pancreas sends out too much insulin and the blood sugar drops below the level necessary to maintain a feeling of well-being.

## Signs & Symptoms

Hypoglycemics can suffer from headaches, low energy, cravings and fatigue. Other symptoms include: anxiety, insomnia, blurred vision, cramps, poor memory, inability to concentrate, dizziness, depression, convulsions, mood changes, and trembling hands.



Many of us may experience one or more of these symptoms, and it does not necessarily mean that we are hypoglycemic.

**When choosing a fuel mix for lasting energy, look for a 1 - 2 - 3 Energy package in each meal or snack.**

**1** Vegetables & Fruit offer your body about 1 hour of energy.

**2** Grain Products give you energy lasting about 2 hours.

**3** Milk Products, Meats, Legumes, Nuts & High Fibre Foods fuel for about 3 hours.



# Carbo Crash

## Low Sugar Woes or Hypoglycemia








Eating meals high in carbs & caffeine is sure to leave you feeling low as your blood sugar falls.



Other symptoms include: insomnia, cramps, poor memory, dizziness, shaking hands, headaches and even feeling cranky.

We can feel one or more symptom, and it may not mean hypoglycemia - we may simply need to eat a snack!

## Stressed? Food can help!

-  Plan meals & snacks every 3-4 hours, depending on your needs.
-  Limit caffeine in coffee, cola, diet-cola, tea and chocolate.
-  Limit use of fruit juice and high-sugar foods. These are best tolerated when combined with other foods.
-  Follow '1-2-3 Energy' for snacks that give lasting energy.
-  Snack before going to bed. Yes, you can!

## Focus on Fibre

Include fibre & experience a remarkable difference!

- Aim for 25-35 g fibre each day.
- Eat 15-20 g insoluble fibre a day, like bran.
- Include 10-15 g soluble fibre, like oats.
- Increasing fibre can be a weight change tool!

Some common sources of fibre are:

- 1/3 cup Bran Buds -13 g fibre
- 1 cup bran flakes – 8 g
- 1/2 cup strawberries or corn niblets – 2 g
- 1 pear or 1/2 cup brussel sprouts – 5 g
- 1 cup plain baked beans, canned – 21 g
- 1/2 cup dry roasted peanuts – 6 g

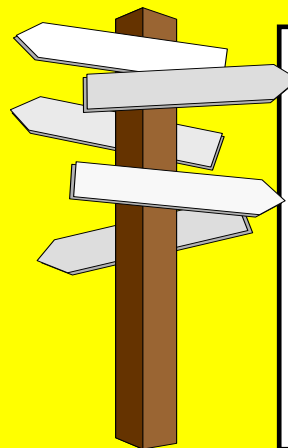
### Power Shake – Blend & Enjoy!

- 2 cups low fat milk or soy
- 1/2 cup yogurt
- 1 banana
- 1/2 cup any fruit
- 2 TBSP flax, psyllium, other



Nutrient analysis per 1 cup serving:

### What to Eat?



**Everybody is different.**

**When searching for the 'right' way to eat, don't forget you are creating a meal plan 'right for YOU'.**