

Carbohydrate Tip Sheet

1. “Rescue” Treatment for Hypoglycemia (BG 70 mg/dL or less)

15 grams of a simple carbohydrate, which equals 1 carb serving

4 oz juice (thicken, if dysphagia diet)

4 oz regular soda

8 oz gingerale

8 oz skim milk

4 oz applesauce (* good choice, if dysphagia diet)

2. “Post- Rescue” or HS (HS BG < 120 mg/dL) Carb/Protein Snack

1 carb serving (15 grams) + some protein

3 packets of saltines (6 crackers) + **1 serving of peanut butter**

3 packets of saltines (6 crackers) + **1 mozzarella string cheese**

1 packet of graham crackers (2 crackers) + **1 serving of peanut butter**

1 packet of graham crackers (2 crackers) + **1 mozzarella string cheese**

1 ½ packets of saltines (3 crackers) + **4 oz milk**

½ packet graham crackers (1 cracker) + **4 oz milk**

1 fruit cup + **1 mozzarella string cheese**

1 applesauce + **1 mozzarella string cheese**

½ **Turkey** sandwich

8 oz **milk**

3. “Carbohydrate – Free” Snacks (when on consistent carb diet)

1 **sugar-free** italian ice

1 mozzarella string cheese

1 diet gelatin

1 serving of peanut butter

1 diet soda

**Available items may vary by VH facility*