

BED TIME SNACK GUIDELINES



BLOOD SUGAR GREATER THAN 8.0 → Avoid Carbohydrate Foods

If hungry, you may eat Free Vegetables, Protein, or Fat such as:

- Raw vegetables and dip
- Salad with salad dressing
- Cheese
- Cold cuts (deli meats)
- Nuts or Seeds

BLOOD SUGAR BETWEEN 6.0 AND 8.0 → Eat Carbohydrate Foods

Eat one of the following snacks (each snack = 1 carbohydrate serving/15g):

- | | |
|---|---|
| <input type="checkbox"/> 1 slice bread + cheese | <input type="checkbox"/> 7 small crackers + cheese |
| <input type="checkbox"/> 1 slice bread + cold cut (deli meat) | <input type="checkbox"/> 7 small crackers + peanut butter |
| <input type="checkbox"/> 1 slice bread + peanut butter | |

BLOOD SUGAR BETWEEN 4.0 AND 6.0 → Eat Carbohydrate Foods

Eat one of the following snacks (each snack = 2 carbohydrate servings/30g):

- | | |
|--|--|
| <input type="checkbox"/> 2 slices bread + cheese | <input type="checkbox"/> 1 slice bread with cheese + 1 cup milk |
| <input type="checkbox"/> 2 slices bread + cold cut (deli meat) | <input type="checkbox"/> 1 slice bread with peanut butter + 1 cup milk |
| <input type="checkbox"/> 2 slices bread + peanut butter | <input type="checkbox"/> 3 small cookies + 1 cup milk |
| <input type="checkbox"/> 14 small crackers + cheese | <input type="checkbox"/> $\frac{1}{2}$ cup cereal + 1 cup milk |
| <input type="checkbox"/> 14 small crackers + peanut butter | <input type="checkbox"/> $\frac{3}{4}$ cup (175 g) yogurt + 1 medium fruit |

BLOOD SUGAR LESS THAN 4.0 → TAKE FAST ACTING SUGAR

Eat one of the following fast acting sugars:

- $\frac{3}{4}$ cup (6 oz) regular pop
- $\frac{3}{4}$ cup (6 oz) unsweetened fruit juice
- 4-Dex 4 glucose tablets
- 3 tsp sugar or honey

Wait 15 minutes, re-test blood sugar, choose a 1 or 2 carbohydrate snack (as above) according to blood sugar level