Foods to Treat Low and Severe Low Blood Sugar

For hypoglycemia (55 to 70 mg/dL), follow the 15-15 rule. After eating at least 15 grams (g) of carbohydrates, wait 15 minutes to recheck your blood sugar. If you're still at 70 mg/dL or lower, eat another 15 g of carbs, wait another 15 minutes, then recheck your levels.



4 oz of juice



4 oz of soda



1 tbsp sugar



1 tbsp honey



1 tbsp maple syrup

If your blood sugar is severely low (below 55 mg/dL), you may not be able to use the 15-15 rule or treat yourself. You might need an injection of glucagon, which is available by prescription. Speak with a doctor to see if you should have a glucagon kit at home.