Common symptoms of low blood sugar include:
- hunger
- nervousness and shakiness
- perspiration
- dizziness or light-headedness
- sleepiness
- confusion
- difficulty speaking
- feeling anxious or weak

Low blood sugar can be caused by the following:
- taking too much insulin or oral medication.
- not eating all of the meals and snacks.
- delaying meals and snacks.
- more physical activity than usual.

Giving one of these “quick fix” foods right away will raise blood glucose:
- 2 or 3 glucose tablets
- ½ cup (4 ounces) of any fruit juice
- ½ cup (4 ounces) of a regular (not diet) soft drink
- 1 cup (8 ounces) of skim milk
- 5 or 6 pieces of hard candy
- 1 Tablespoon of table sugar or honey

After 15 minutes, check the blood glucose again to make sure that it is no longer too low. If it is still too low, have another serving. Repeat these steps until the blood glucose is at least 100.

Then, if it will be 30 minutes or more before the next meal, the student should have a snack to maintain the blood glucose. Handy snacks may include a granola bar, three to six crackers, a carton of milk, or small fruit.