|  |  |
| --- | --- |
|   | **DIETARY MANAGEMENT OF****HYPOGLYCEMIA** |
| **Made by FILZA QASIM on 28-April-2012 as a part of course no ----Of BS HE****under the guidance of Prof. Dr. Rubina Hakeem (RH)** |

|  |
| --- |
| **C:\Documents and Settings\Administrator\Desktop\Hypoglycemia+to+guard+against+low+blood+sugar.jpgDESCRIPTION OF THE DISEASE/ DISORDER**The condition called hypoglycemia is literally translated as low blood sugar. Hypoglycemia occurs when blood sugar (or blood glucose) concentrations fall below a level necessary to properly support the body's need for energy and stability throughout its cells.Symptoms of hypoglycemia include shakiness, sweating, nervousness, palpitation, anxiety, fatigue, body pain. |
| **CAUSES OF THE DISEASE/ DISORDER*** In adults it may be caused due to dumping Syndrome i.e fast emptying of stomach bag.
* Hereditary can also be the major reason.
* Not eating enough food. Missed or delayed meals.
* Exercising without taking precautions.
* Exercising more than.
* Taking too much insulin.
 |
| **NUTRITIONAL CONSIDERATIONS*** **PROTEINS:** Eat 4 to 6 ounces of meat or other protein foods each day. Choose low fat sources
* **FATS:** Eat very little or no trans fat. These unhealthy fats are found in all foods that list “partially hydrogenated” oil as an ingredient

 Eat very little saturated fats.* **CARBOHYDRATES:** Complex carbohydrates are required so that they will breakdown slowly and glycemic index will be maintain proper.
* **FIBER:** Eat foods with high fiber
* **VITAMINS:** NA
* **MINERALS :** NA
* **FLUID REQUIREMENTS:** No such fluid restriction is applicable
* **ENERGY REQUIREMENTS:** NA
 |

|  |
| --- |
| **DIETARY CONSIDERATIONS*** Eating whole grains and having very few salty foods is good for your health.
* Don’t drink fruit juices they are high in naturally occurring simple sugars instead of them eat fruit which will also provide you fiber.
* Carbohydrate counting is very important in delaying the episodes of hypoglycemia.
* Most carbohydrates come from 5 servings of fruits and vegetables, 3 servings of whole grains and 2 to 4 servings of milk products.
* Caffeine should be avoided because it limits the glucose supply to brain.
* Eat meat without fat i-e lean meat.
* Mix meals should be taken and must be taken in small quantities.
* Avoid butter, cream, and high-fat meats.
* Learn to read labels, you can do that by the following way

Look first at the label’s standard serving sizeDivide the total amount of carbohydrates with 15. This number equals the number of carbohydrate servings in 1 standard serving. |
| **Do’s**  | **Moderation** | **Don’ts** |
| * More frequent meals, 6 meals a day
* Set appropriate meal times
* Take mix meals
* Take complex carbohydrates
 | * Use limited caffeine.
* Low fat
 | * Don’t eat too much at a time.
* No alcohol intake.
* Fruit juices
* Skip the meal
* Avoid simple sugars
 |
| **FOOD AND DRUG/ DISEASE INTERACTIONS ORTREATMENT SIDE EFFECTS**Not Applicable |
| **References used:**1.Manual of Clinical Dietetics (6th edition) **BY** American Dietetic Association2.Nutrional Care Management  |
| **Sources of further information:** |