

Blood Sugar Blues – Q&A

- **Q: Is there a difference between blood sugar and blood glucose?**
- A: No, blood sugar and blood glucose are interchangeable. However, blood glucose is the more technical term.

- **Q: What about cutting carbohydrates?**
- A: Even if you are diagnosed with diabetes or are pre-diabetic, you do not want to cut carbohydrates out of your diet. Remember, carbohydrates are our body's first source of energy and you do not want to eat too many (high blood sugar) or too little (low blood sugar). When diabetic, it is about finding the correct balance of carbohydrates your body needs based on your activity level. Monitoring your blood glucose on a regular basis will help you to determine if you are eating the correct amount of carbohydrates.

- **Q: What are some examples of healthy foods to eat when we experience low blood sugar levels?**
- A: Wonderful question! Juice that is 100% fruit juice can help raise your blood sugar, and really any piece of whole fruit. If your blood sugar is very low, you might want to consider eating a small amount of candy such as gummy bears, starbursts or gum drops to boost your blood sugar to a normal level.