

# The Rule of 15

1. If blood sugar/CGM reading is less than **70**, or in response to an urgent low soon **CGM alert** treat with one of the following fast-acting 15 gram carbohydrate options

½ cup (or 4 ounces) regular juice	3 soft peppermints
½ cup (or 4 ounces) regular soda	15 skittles
1 cup regular sports drink	3-4 glucose tablets ( <i>read food label</i> )
15 grams of Glucose gel	1 tablespoon of honey ( <i>if over 2 years old</i> )

2. **WAIT 15 MINUTES**, then recheck **Blood Sugar**.

- If your Blood Sugar is **below 70**, then repeat step 1 & 2

3. Once blood sugar is above 70:

- During **daytime hours**, continue normal diabetes care.
- At **bedtime or overnight**, consider giving 15 grams of carbs with protein/fat.

## Examples of 15 grams of carbs with protein/fat:

- Half a sandwich
- 4 pack peanut butter crackers
- 4 pack cheese crackers
- 1 cup milk
- 1 cup yogurt
- Small apple (tennis ball size) and a cheese stick