

Sample Menu for Reactive Hypoglycemia

The following sample menu provides ideas on how to plan meals and snacks to help prevent reactive hypoglycemia.

The amount of food that you need each day depends on your age, gender, and activity level. Choose a variety of foods and eat a small snack or meal about every three hours.

Sample Menu 1

<i>Breakfast</i>
Cinnamon oatmeal <ul style="list-style-type: none"> cooked unsweetened oatmeal chopped pecans cinnamon ground flax seed
Blueberries or diced apples
Low fat milk (skim, 1%, 2%) or fortified soy beverage
Water or coffee or tea
<i>Mid-morning snack</i>
Hard-boiled egg with cucumber, celery and carrots sticks
<i>Lunch</i>
Chicken tortilla wrap <ul style="list-style-type: none"> whole wheat tortilla wrap diced chicken sunflower seeds

<ul style="list-style-type: none"> shredded lettuce mayonnaise
Carrot and green pepper sticks
Plum
Low-fat milk or fortified soy beverage
<i>Mid-afternoon snack</i>
Hummus (chickpea and sesame seed spread)
Brown rice crackers
Cherry tomatoes
<i>Dinner</i>
Fish baked with lemon and green onions
Quinoa
Steamed broccoli sprinkled with sesame seeds
Coleslaw salad with oil and vinegar dressing
Water or coffee or tea
<i>Evening snack</i>
Low fat cheese (less than 20% M.F.) on dark rye crisp bread
Pear

Sample Menu 2

<i>Breakfast</i>
Poached egg
Whole grain pumpernickel bread
Low fat milk or fortified soy beverage
Peach
<i>Mid-morning snack</i>
Low-fat plain yogurt with almonds and a sliced banana
<i>Lunch</i>
Salmon stir fry <ul style="list-style-type: none"> diced salmon pieces brown rice red pepper broccoli kale
Low-fat milk or fortified soy beverage
Water or coffee or tea
<i>Mid-afternoon snack</i>
Unsalted seeds or nuts (handful) and dried fruit
<i>Dinner</i>
Vegetarian chili served over whole wheat bulgur

Spinach salad <ul style="list-style-type: none"> spinach raspberries walnuts salad dressing.
Low-fat milk or fortified soy beverage
Water or coffee or tea
<i>Evening snack</i>
Low fat milk and a whole-wheat blueberry muffin

Other examples of healthy snacks

- | Trail mix with nuts, raisins and shredded wheat
- | Low sodium, low fat cottage cheese or unsweetened yogurt with fresh fruit
- | Low fat cheese grated over whole grain nachos with bean, avocado and tomato salsa dips
- | Peanut butter spread on cut-up banana
- | Half portion of leftover lunch or dinner:
 - | half sandwich made with whole grain bread, lean meat, tomatoes, lettuce and mayonnaise
 - | whole wheat spaghetti and meat sauce
 - | chicken curry with sweet potato and vegetables.



Additional Resources

HealthLinkBC. Visit www.healthlinkbc.ca for medically approved nonemergency health information.

© 2015 Province of British Columbia. All rights reserved.
May be reproduced in its entirety provided source is acknowledged.

This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian. It is intended for educational and informational purposes only.

HealthLinkBC File #68h Fibre and Your Health
www.healthlinkbc.ca/healthfiles/hfile68h.stm

Dietitian Services Fact Sheets available by mail (call 8-1-1) or at
www.healthlinkbc.ca/healthyeating:

- Healthy Eating Guidelines For People with Reactive Hypoglycemia
www.healthlinkbc.ca/healthyeating/reactive-hypoglycemia.html

"Eating Well with Canada's Food Guide"
www.healthcanada.gc.ca/foodguide

Canadian Diabetes Association's fact sheets "Glycemic Index"
and "Beyond the Basics" at www.diabetes.ca

These resources are provided as sources of additional information believed to be reliable and accurate at the time of publication and should not be considered an endorsement of any information, service, product or company.



Notes

Distributed by:

Dietitian Services at HealthLinkBC (formerly Dial-A-Dietitian), providing free nutrition information and resources for BC residents and health professionals. Go to www.healthlinkbc.ca/healthyeating or call 8-1-1 (anywhere in BC). Interpreters are available in over 130 languages.