

Paediatric Hypo Helpers

If you are currently struggling to find your usual hypo treatment, here are some other foods and drinks you could use instead.

Note:

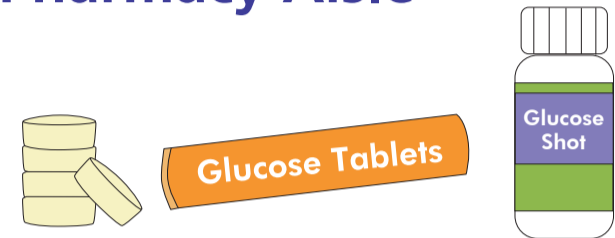
- Be mindful of variation in carbohydrate content between brands
- Read the label if unsure
- Remember to retest after 10-15 minutes

Remember:

Hypo treatment is based on your body weight		
Less than 30kg	Between 30-50kg	More than 50kg
10g	15g	20g

Fastest acting carbohydrate

Pharmacy Aisle



How much?

Lift Glucose Chews
Lucozade energy tablets
Dextrose Tablets
Lift Glucose shot

10g Carbs

3 tablets
4 tablets
4 tablets
40mls

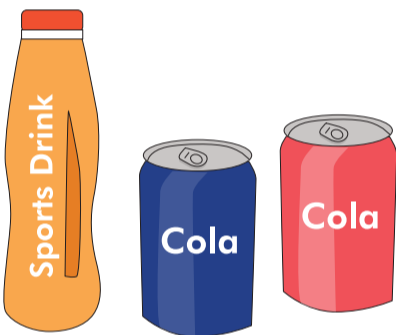
15g Carbs

4 tablets
5 tablets
5 tablets
60mls

20g Carbs

5 tablets
6 tablets
6 tablets
80mls

Fizzy drinks (non-diet)



How much?

Lucozade Energy
Coca-Cola
Pepsi

10g Carbs

100 mls
100 mls
100 mls

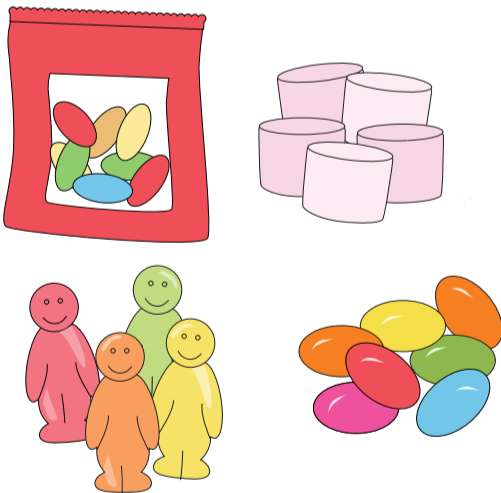
15g Carbs

150mls
150mls
150mls

20g Carbs

200mls
200mls
200mls

Sweets



How much?

Bassetts Jelly babies
Percy Pigs
Maynards Wine gums
Jelly tots
Rowntrees Random Foamies
Barratts Flump
Skittles

10g Carbs

2
2
2
5 sweets
4 sweets
½ a flump
½ fun size pack

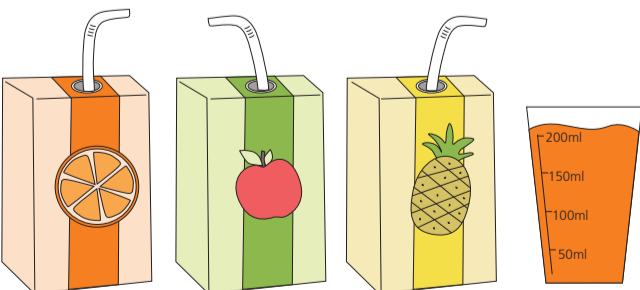
15g Carbs

3
3
3
7 sweets
5 sweets
¾ flump
¾ fun size pack

20g Carbs

4
4
4
10 sweets
6 sweets
1 flump
1 fun size pack

Fruit Juice



How much?

Orange juice
Apple juice
Pineapple juice

10g Carbs

100mls
100mls
100mls

15g Carbs

150mls
150mls
150mls

20g Carbs

200mls
200mls
200mls

With thanks to the Diabetes Online Community for their contribution



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NHS
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Diabetes
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Implementation Group



Cardiff & Vale
Nutrition and Dietetics
Maetheg a Dieteteg
Caerdydd a'r Fro