



Γσ·9·Δ3 τ'C ~b·ΔbΓ·9·Δ3

Ρ'99Uα·4° bτC9QLb\ Γσ·9·Δ3

∇ ~b·ΔbΓ·9· Δ·∇α:

- 1α Ρ0Λ Ρ'99U 9·b τ·ΔCCL
- CΡV>99QLb ∆L Γσ·9·Δ3 τ'C ΡαυDδ
bC3CNCV9δPbτ'9τ'9 PCCσΓΔδ3 Lb ∇ ααbP'C3
∇ ~b·ΔbΓ·9·Δ3
- PCN Δ'κbΓδ·4P τ'C ΔN ∆υD·1·b·α 9·bα
PΓδ\ 9 ∆P LLσ<σΔδ3
- PLP3Cδ3 ∇·Δ7·4\ αV° τ'C Λδ Δ'9°
ΔN 4P <P<σ° ∆L°
- ΔN σ·ΔαP9QLb PΓC3P9bσ\ τ'C Ρ'δσ\
- ΔN <δ<σP9QLb P·Δ\, P9 δ'CCN·b Lb ∆L
P9 ΔP\ ∇ Δ'Λ<σ\ P~bC
- <NL ·Δ'9C ΔN ∆P∆L·b·α bΔσLP ΔδP·Δ3
ααb° b'9
- PCN AP9bUσ·P τ'C PCN 4·bN·∇σ·P
- P9P9·b ΔN σ·ΔαC·α

Ρ'99U Γ'CA ∇ Γσ·bPbU\ b Γσ·bσ·4\ 4·4P U b ΔUσC·b\ Δσδ\ P9 Γσ·bPbU\ Δ'9° ·Δα Δσδ\ b ΔP ΔUσCδP' 15 Γσ·bb\ P9 Γσ·9'κ3 V·b ∇ C·4'Uσ\ JPLbσ·4P Lb 4·∇σb\ P9 4P·Δα\ Δσδ\ ∇ <C\ b Γσ·bσ·4\ LσC3Cασ·4P

1α σα Lb bα9 3bPΓσ·b3

1α ·Δα 4σL Δ·Cσ·4P

1α ·Δα ∆L P9J 3C·∇σΓb·Δ3 P9 τ'AP >σC3 Γσ·9·Δ3 ∇~b·ΔbΓ·9·Δ3, 4σP b ααbPΔN9P' bP Γσ·9·4\ αΔ b ΔP·b·b\ αV° ∆P ∇b 4·4P U P9 ∆Nα\ Δσδ\ b ΔUσCδP' b Γσ·bσ·4σσ\, ∇b P9 4σ·4P9b\ Δσδ\ b ΔUσCδP' Δσδ\ P9 4C9C' V·b ∇C·4'Uσ\ σC° Lb Λδ ·Δα Δ'9°x 9δ- CP4PΓ4bσ·4P 4C ·Δα bαbP'C\ 3Cδσσ\ ΔU9:

- Γ·∇ 9·b ∆P LσAP9QLb Γ·Δ\ Γσ·9·Δ3, ∇<P<σ' ∆L°, Γ'P9·b Lσ<σ·4, Δ'κbΓ·9·Δ3, Γδ\ 9·bα ΔN Λτ·bbΓP9L·bα, P'δσ\, σP3P·Δσ\, P'9PΓ<σ·Δ3
- bN 4σΓ<σΔδ3 ∇ ααbP'C3 P~b·ΔbΓ·9·Δ3, τ'C ∇ ΔN ααΔ9Lb\ Γδ\

1α bP Γσ·b3:

- P99Λ3 P'δ·4P9τ·C τ'C Λδ ∇·Δ ΔN P9δ·4·4P9;
- ∇σ9Δσ4·4P9;
- bP V9 Γσ·9·4·9 PσPΔ·b, Γ·9·Δσσ° ∇P V9 σP'C·4δ<σ;
- b·Δ Λ<σ·Cα ∆L<σP τ'C Λδ b·Δ 4ΔC3U 9·bα P9 3C·∇σCδP9 P9 4'9bLN9τ'9 P9 P'9σCCL3 CτCCL3;
- 3Cδσα b ∆NαL3 ·ΔCL° 3Cδσ9 9δ 3Cδσα ∇ ∆NαL3 4'9° L9C99QLb·α ∇ 4P9 Γσ·bCCL3

b ∆NαP\ P'CAΔ9·Δα, δCP9 3Cδσα ∆P ααΔ9Lb3 ~b\ Γσ·9·Δ3x ΔC·b3 ∆C L9αΔb3 ∇ 4σ·J9bU\ ∆L ∆Cα\ ∆C N<P·Δσ\ x

ααbP'C\ b ΔP ασP9τ'9 ~b·ΔbΓ·9·P\ ∆P

- bP'CA∆N9P' 4σP: ααΔ9Lb ~b·ΔbΓ·9·Δσ\ (hypoglycemia) Lb ΔPbU° ·∇Γ'NδP·1·Δσ\, ∇Γσ·bσ·4\ <P'C° Lb ΔN J9Cσ·4P ∇N ααΔ9Lb\ Γδ\
- 4σP ~b·ΔbΓ·9·Δ3 ΔC9αU\, ΓCσ αP<σσ° ∆~bΓ·4\ ∇ ΔN P9P9τ'9 ∇ P9·b Γσ·9P\ 4ΔP ∆CδP\ LP- bP ΓP9\ 4·4x

∇'Λ ∇ Γσ·93, ααbP'C ∇ ΔN αP<σ\ PΓδ\

Γσ·9·Δ3 τσC ~β·4βΓ·9·Δ3

·<LJ <N Γσ·9<3

- β<N ΓσC, >Nα ρ3>δδσL, βα·<<C CτσCσ> Ρ~βC CσC τσC <<LCC ΡC<RC·Δ3 β >R Ρ~9σC<L3 CτσCσ> Ρ~βC Γδx
- CσC <<LCC ρ·ΔN3 γδ·C~ Life Savers® 9 <<RC<3 α<Cσ9 Ρ~βC Γδ, Γσ·9 3/4 <LCC Γσ·ββ3 β<·4βΓ· ρ~N·U·<>~x
- ΔCL·Δ> ΔR Γσ·9Lρ> ΡR ααβRΔρ> CτC<Lρ> <·Vα V α<Cσσ> >Γδx
- 9CC·Δ3 γ>δ>δ>δ> V α<Cσσ> Ρ~βC >α βR LΓδLρβU° Γσ·9·Δ3 V ΔC·β> ΡΓδ>, βU·<RβU° <δ<·Δ >L<σ~x
- Ρ~β Ρ~N>Cσ> τσC Λδ Γ·β< MediciAlert® β·ΔCL9Lβ> Vβ Vρ <β<3> CτσCΛσβ>, 9δ γ>δδδ <<RC<3>~x

γ·β< V Γσ·9<3

- ΓR βΓσ ΓR>·<R 9·βα γ·β< V Γσ·9<3>~x
- βσ V<β> >C 9·β> V δR<3> βΓσΓασ·<V >·Δ 9·β>~x
- Ρα Λδ ρΡαLρ βΓσ·βC<L3, ΓσCΔ αβ·<<C Vβ β<·4βΓρ <<RC >αβ<>C<3>~x
- β·Δα Ρ<Cσ·C V Γσ·9<3, σ·~ V ρΡαLρ> >L~ββΓC βαβ>·<RβΡ9<3>~x

β·β Γσ·9<3

- ΔCL° <·Vα Vρ Γσ·9<3> ΡR ααβRΔρ> V α<Cσσ> Ρ~ββ<~x
- αC·V Ρ~9σC CτσCσ> Ρ~ββC ·<LJ β·Δ>L>~3, βΓσR ΓRΓ·<V 9·β> ΓR ·Δα<Cσ° V ΔUσC<L> Ρ~ββ<~x
- L·>C ΡΛρ>β> V <N β>L>~3> τσC Λδ β ΔC° <·Vα 9 ααβRΔρ>. 9CC·Δ3 Λδ α<Cσσ° Γδ~β° V Ρ~β Γσ·9<3> τσC Λδ Λ>~ ΔU9~x
- Δ<~ <δσ~β V <N <C~ ΡR Γ>σρ·Δ >NαL> ρ3>δδδσL τσC Λδ ρ~CΔβ> V<<<L> β ΡR Δ~Λ<σ° Ρ~ββC (ketones) τσC ΡU~β>L> >R βN Lσ<σ·<V (diabetic ketoacidosis (DKA)) VδCσ 9N> <L>σΓ<σΔδ>~3 ~β·4βΓ·9·Δσ> ΔL>~x

Γρ·V 9·βα β <L~NσβUρ Γσ·9·Δσ> (β·<<U> L·<>γαΔβσ>)

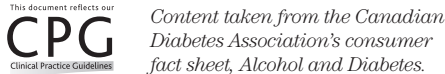
β Γσ·βRβUρ 9·βα	V~N<βΓσβUρ Γσ·9·Δα 9 Δ~ΛC~ρτρ Γσ·ββσ>	β ΓRLβΓ· ρ~N·U·<>~ (kcal)	β ΔCΡRβU· 9·β> V <L>C~ρτρ ρ~N·U·<>~ (g)
Λ<~:			
·β<N Λ<~	341 mL (12 fl. oz)	147	12
βδ~ββΓ· Λ<~	341 mL (12 fl. oz)	99	5
L<~ C·V Λ<~	355 mL (~12 fl. oz)	50-80	11-17
ΔCβΓCσ·<R Λδ*			
Vβ β ΓRββΓ·*	341 mL (12 fl. oz)	92	3
<L> Vδ Lβ β L~β·4βΓ· ·V~ρ	45 mL (1.5 fl. oz)	98	0
β <·4βΓρ Γσ·9·Δα τσC δCρ>	45 mL (1.5 fl. oz)	155-190	10-25
<L>~:			
·β<N <L>~	150 mL (5 fl. oz)	123-127	1-4
β<·<V	150 mL (5 fl. oz)	232	23
>α C·V Γσ·9·Δ> β ΔCβΓσβU· Λδ	150 mL (5 fl. oz)	9	1
<L>σ> β ΔCβΓρ β ΡR <·4ββΓρ Γσ·9·Δα:			
βΓσ·<4βΓ·	355 mL (12 fl. oz)	178-258	21-38
βδ~ββΓ·*	330 mL (12 fl. oz)	100	1
β <~<βΓσββσ·<R:			
Vβ β<·4βΓ· <~ ρ~N·U·<>~	250 mL (8 fl. oz)	0	0
Ρ~N·U·<>~	250 mL (8 fl. oz)	88-99	23-25
Λ>~ β ΔCβΓ· ρ~N·U·<>~	250 mL (8 fl. oz)	0	0
β<L>ββΓ· ρ~N·U·<>~	250 mL (8 fl. oz)	88	23
<~·>~ J~	250 mL (8 fl. oz)	118	27
>>> J~	250 mL (8 fl. oz)	44	11
>>> τσC <~9·Δ J~†	250 mL (8 fl. oz)	123	28

β >R Ρ~9σRβU· βαC~ρ> β Δ>LραUρ <ΔL9·Δα 2010>~β Δ>LραUρ 9 Δ>α·βR<> †USDA, 2011x β Δ>LραΔβUρ V~ΛR L~β·<R τσC V~ΛR ~β·<R~x

Γα α·C·V Ρ~9σC<Lτ βL·V<<L >C www.lrdg.net

β>RβU· V ~N<βΓCσ·<V βΓσ·βC<L> Γσ·ββ> Ρ<Δ9CC·Δ>?

V<~ V~N<βΓCσ·<V β Γσ·βC<L> Γσ·9·Δ> (13.6 g V·βσ Vσδ> VτC·β> Γσ·9·<>~ Vβδ Γσ·ββ>):
 Λ<~: 341 mL (12 fl. oz) (5% Δ~ΛCβΓ> Γσ·9·Δ>)
 <L>~ βΛ>~ββΓ·: 45 mL (1.5 fl. oz) (40% Δ~ΛR L~β·<ββΓ>)
 <L>~: 150 mL (5 fl. oz) (12% V~ΛR L~β·<ββΓ>)
 ·ΔCL9·Δ>: Ρ~N·Λ> V <R<L> V~R ΓRLβΓ· 9·β> β Γσ·βC<L>, β·Δα ρ~C>N~x
 ·ΔCL9·Δ> Γσ·9·Δ> τσC ~β·<ββΓ·9·Δ> ΔC·β> Lβ~U<σR~β> "Managing Your Lifestyle" 9βα·<<C<L> >C V δδ<σ> V<L>βΔ>R> <·Vσβα> <L>σ° V <L>σ<L>L>R~x β>γδδδδ·Δ <<N~ρ~R V <L>β<R~x



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