

The Rise and Fall of Blood Sugar

	Factors	Can cause high blood sugar ↑	Can cause low blood sugar ↓
Food	Proteins 	✓	
	Fats 	✓	
	Carbohydrate Quantity 	✓	✓
	Carbohydrate type 	✓	✓
	Meal timing 	✓	✓
	Caffeine 	✓	
	Dehydration 	✓	
	Alcohol 	✓	✓
	Activity	Light exercise 	
High-intensity / moderate exercise 			✓
Time of the day 		✓	✓
Environmental	High temperature 	✓	✓
	Low temperature 	✓	✓
	Sunburn 	✓	✓
	Altitude 	✓	✓
Medication	Expired insulin/medications 	✓	✓
	Wrong medication dose 	✓	✓
	Medication interactions 	✓	✓
	Steroid medications 	✓	✓
Biological	Too little sleep 	✓	
	Stress and illness 	✓	
	Injecting into scar tissue 	✓	
	Injecting into lipdystrophy (thickened skin) 	✓	
	Allergies 	✓	
	Puberty 	✓	
	Menstruation 	✓	
	Celiac Disease 	✓	✓
	Smoking 	✓	✓