Glycogen Storage Disease Type 3 (GSD type 3) is an inherited metabolic condition. In this condition, glycogen can be stored in the body but cannot be released when needed for energy.

Here are some key terms:

- **Glycogen** - the storage form of glucose or energy. Most glycogen is stored in the liver. Some is also stored in muscle.
- **Fasting** - a period of time without food or calories.
- **Carbohydrate** - Any sugar or food that breaks down into sugar. There are different forms of carbohydrate. Complex carbohydrates are starches such as bread, rice, beans. Simple carbohydrates include juice, sugar, sweets, candy, cake frosting, etc.

Glycogen is stored in the body and used when extra energy is needed either during fasting or exercise. Because glycogen is not able to be released in people with GSD type 3, a child with this condition should eat a meal or snack that contains some carbohydrate every 3 to 4 hours to avoid low blood sugar (glucose) levels. Low blood sugar can cause weakness, shakiness, dizziness, or cold, clammy skin. However, if a child eats too many carbohydrates, especially in the form of sweets, sweet beverages, or large portions of starches, glycogen can build-up in the liver making it become very large over time.

**Maintenance:** People with GSD Type 3 require a healthy, balanced diet, that contains complex carbohydrates at all meals. The diet should be high in protein (egg, lean meat, fish, poultry, low fat dairy). They should AVOID sweets, fruit juices, sodas. They often take a drink that contains corn starch before bed and sometimes during the day to help maintain their blood glucose levels. They may have some fresh fruit in the diet as a treat. Regular blood glucose monitoring is part of everyday maintenance.

**Illness:** GSD 3 is most problematic when someone is ill with a **fever** or **vomiting**. These symptoms require PROMPT medical attention, and frequent blood sugar monitoring. Give fruit juice, glucose tabs, or cake frosting if blood sugar is below 60 mg/dL and re-check every 30 minutes until patient can be evaluated by a physician.