

Know your Numbers

If you have diabetes, it's important to understand your sugar levels. Listed below are some numbers your doctor might talk to you about. Understanding your numbers gives you the power to make better food choices and manage your health! Read on to learn more.



A1C

This test is completed by your doctor and measures your average blood sugar levels over the past 3 months. It is dangerous to have A1C levels of **>9%**. Your goal A1C is **<7%**.



Fasted Blood Sugar

This test measures blood sugar after not eating for 8-10 hours. Your target fasting blood glucose range is **80–130 mg/dL**. This is also your goal range before eating a meal. This level can be tracked at home.



Post Prandial Blood Sugar

This test measures blood sugar 2 hours after eating a meal.

Your target post-prandial blood glucose range is **<180 mg/dL**. This level can also be tracked at home.

Pay attention to PATTERNS

1. If your blood glucose is **too high** after you eat, you may be eating too many carbs. Consider smaller portions. Always balance your plate with protein and healthy fats!
2. If your blood glucose is **too low** after you eat, you may not have eaten enough. It's important to build a balanced plate to provide your body with energy to keep you going!



Bedtime Bites



Food choices at night impact your glucose levels in the morning. If your dinner has a lot of carbs or you snack on sweets before bed, this causes high blood sugar levels when you wake up.



Know the Symptoms

When your **blood sugar is high** it's called **hyperglycemia**. This can happen when you eat a lot of carbohydrates or sugar.

Having **low blood sugar** is also known as **hypoglycemia**. This can happen when you don't eat for a long time.

Hyperglycemia


- Blurred vision
- Increased thirst
- Shortness of breath
- Nausea
- Dry mouth
- Frequent urination

Hypoglycemia

- Sweating
- Sleepiness
- Trembling
- Irritability
- Hunger
- Lack of coordination
- Pale skin

- Confusion
- Headache
- Weakness

Some symptoms may overlap. It's important to **CHECK** your **NUMBERS** to know how to correct the situation.



Drinking alcohol can lead to hypoglycemia. Drinking with an empty stomach is especially dangerous. Check with your doctor to see if alcohol interferes with your medications.

Is your blood sugar often **low**?

- Eat every 2-3 hours
- Include carbs, protein, and healthy fat with every meal

TRY THIS!



Is your blood sugar often **high**?

- Spread carbs out throughout the day
- Avoid sugary foods and drinks

If you take insulin, your doctor may need to adjust your regimen if you have high or low blood sugars often.