

BE SUCCESSFUL

Tips to Control Your Blood Sugar

WHEN IT COMES TO DIABETES, managing your blood glucose is the best way to feel better. When your body experiences too much blood sugar or not enough, you won't feel your best. Here are some tips to better control your blood sugar today.

MONITOR YOUR BLOOD SUGAR REGULARLY.



If you have diabetes, know how to monitor your blood sugar using a glucometer and test strip at home. Test your blood sugar at the same time each day. Keep a notebook next to your blood testing kit so you can record your daily numbers. If the numbers seem high, consider what you ate last and understand its effect on your blood sugar. If you are consistently high, talk to your healthcare provider.



MAKE HEALTHY CHOICES.

Your top priority is keeping your blood glucose in your target range, so eat healthy foods that are low in sugar. Good options are: vegetables, greens, beans and legumes, and whole fruits. Avoid processed meats, white breads and grains, sweetened drinks, and processed food.

FASTING BLOOD GLUCOSE	DIAGNOSIS	WHAT IT MEANS
Lower than 100 mg/dl	Normal	Healthy Range
100 to 125 mg/dl	Prediabetes (Impaired Fasting Glucose)	At increased risk of developing diabetes
126 mg/dl or higher	Diabetes Mellitus (type 2 diabetes)	At increased risk of heart disease or stroke

MOVE MORE.

Plan your day to include several walks that are more than 10 minutes each. Keep up a brisk pace to raise your heart rate during your walks. Try new exercises such as yoga, swimming, cycling, or lifting weights.



QUIT SMOKING.

Smoking cigarettes or cigars or vaping increases your risk of heart attack, cancer, and stroke and also makes it harder to control prediabetes and diabetes.



5 STRESS LESS. Talk to your healthcare provider or diabetes educator about ways to reduce stress in your life. If meals are causing you stress, maintain an easy meal plan. Find those stress points in your life and work with your care team to find solutions.

