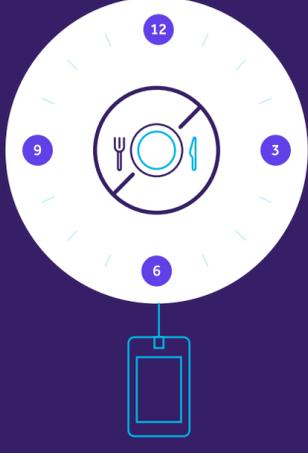


Your guide to Fasting Blood Sugar



What is fasting blood sugar?

It's your body's natural blood sugar level when you haven't had anything to eat or drink for at least eight hours. Right after you wake up. This value helps you and your doctor understand if your diabetes plan is working or if changes need to be made.

What is the suggested target range for fasting blood sugar?

Aim for a reading between **4.0-7.0 mmol/L** before breakfast.



What happens when the body can't manage blood sugar levels?



Below 4.0 mmol/L, this means your blood sugar is too low.

[Learn more about managing low blood sugar.](#)



Between 4.0-5.0 mmol/L, this means your blood sugar is lower than recommended but taking action is not usually necessary unless you have symptoms (e.g. shaky, sweaty, or dizzy).



Between 5.0-10.0 mmol/L, this means your blood sugar is in range.



Greater than 7.0 mmol/L (before a meal), this means your blood sugar is too high.

[Learn more about managing high blood sugar.](#)

*Targets suggested by the Diabetes Canada.

Work with your doctor to determine if these target ranges are right for you.

Top 4 things you can do to keep your fasting blood sugar in range



Eat a balanced dinner

Focus on a combination of veggies, protein, fat, and complex carbs that meet your individual goals.



Stay active

Take a 10-15 minute walk after your evening meal.



Take your medicine as prescribed

Talk to your doctor to see if you need to make any changes.



Check regularly

Knowing your number allows you to make quick changes that will make the rest of the day go more smoothly.

How your body benefits by staying in range



Increased energy and less fatigue



Less hunger and fewer cravings



Improved mood and concentration



Fewer diabetes complications, like problems with eyes, heart, feet, and kidneys



If you have questions about your fasting blood sugar, contact your doctor.