

Your guide to Fasting Blood Sugar

What do the readings mean?



4.0-5.0 mmol/l – this means your blood sugar is lower than



5.0-7.0 mmol/L, this means your blood sugar is in range.



means your blood sugar is too high.

*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
- 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
- Check your blood sugar**
Knowing your blood sugar allows you to make quick changes if needed.



complex carbs that meet
your individual goals.

As a result, the *Journal of Clinical Endocrinology and Metabolism* is the leading journal in the field of endocrinology and metabolism, and is highly regarded by the scientific community. The journal is committed to publishing high-quality research papers, reviews, and editorials that contribute to the advancement of the field. The journal is also committed to providing a platform for the exchange of ideas and information among researchers, clinicians, and other professionals in the field of endocrinology and metabolism.



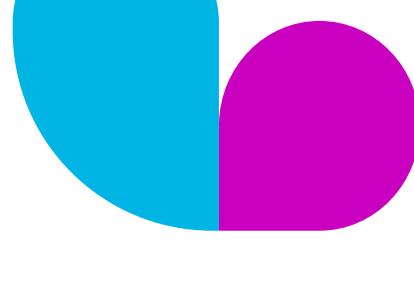
any changes.

1000



make the rest of the day go more smoothly.

Journal of the American Academy of Child and Adolescent Psychiatry



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