

# Your guide to Fasting Blood Sugar

## What do your fasting blood sugar readings mean?



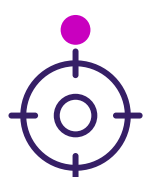
**Below 4.0 mmol/L**, this means your blood sugar is too low.  
[Learn more about managing low blood sugar.](#)



**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).



**5.0-7.0 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.

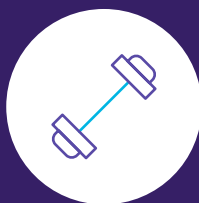
Work with your doctor to determine if these target ranges are right for you.

## 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.



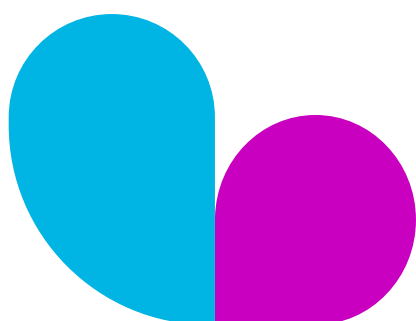
### Take your medications prescribed

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.



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