



# HOW TO MANAGE BLOOD SUGAR

## ✓ UNDERSTAND BLOOD GLUCOSE (Blood Sugar)

Health screenings with your doctor often include measuring how much glucose is in your blood. Healthy blood glucose is one sign that your brain, kidneys, and heart are healthy. If blood glucose is too low, you may feel tired or dizzy but feel better after you eat. High blood glucose may be related to things like dehydration or infection. But if blood glucose is too high over time, it may mean you have pre-diabetes or diabetes.

**GLUCOSE** When we eat food, our body makes glucose, a type of sugar. It travels in the blood to places in the body where energy is needed. Other parts of the body need insulin to carry glucose into cells to be used as energy. Healthy people can maintain healthy blood glucose by eating smart, being physically active, managing stress, and getting healthy sleep.

*In Type 2 diabetes, glucose builds up in the blood instead of going into cells because:*

- ↓ The body develops "insulin resistance" and can't use its insulin efficiently.
- ↓ The pancreas slowly loses its ability to produce insulin.

The result can be a high blood sugar level.



## TIPS FOR SUCCESS



### EAT SMART

Eat meals with lots of vegetables, fruits, whole grains, beans, nuts, and lean proteins like fish and seafood. Drink plenty of water. Water can help maintain healthy blood sugar levels. Limit sugary foods and drinks, red meats, processed meats, salty snacks, and foods that are highly processed.



### MOVE MORE

Exercise can help lower your risk of developing Type 2 diabetes. It can also help you manage diabetes if you are living with it. Exercise also improves your energy, mood, and clears your mind.



### MANAGE WEIGHT

Stay at a healthy weight to help prevent, delay or manage diabetes. Speak to a health care professional to understand what is a healthy weight for you.



### NO NICOTINE

Avoid smoking, vaping, nicotine pouches or using tobacco. It makes it harder to manage prediabetes and diabetes. Even being around secondhand smoke can cause problems.

## ✓ TRACK LEVELS

Health care professionals can take blood sugar readings. If you are living with Type 2 diabetes, you may need to monitor your blood sugar level more often.

If you have diabetes visit [American Heart Association | Diabetes](#).

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.

Learn more at [heart.org/lifes8](http://heart.org/lifes8)