

# Blood Sugar

## What Is It?

- **Blood test**- measures the level of glucose (sugar) in your blood at a given time after an 8 hour fast



## What Is Normal And Symptoms That Occur?

- **Normal Blood Sugar**- 70 to 110 mg/dl
- **Symptoms**- Increased hunger, thirst and urination, blurred vision, drowsiness, nausea, less energy, fatigue,

## Facts:

- **Blood Sugar Levels Rise**- after a meal and return to normal after 2 hours and usually run 120 to 140 mg/dl
- **Blood Sugars**- tend to rise after age 50, especially if no exercise
  - **Type I Diabetics**- produce little or no insulin-10% of population
  - **Type II Diabetes**- usually begins after age 30, 80 to 90% are obese
- **Blacks and Hispanics**- a 2 to 3 times increased risk of developing
- **Type II Diabetes**- runs in families
- **Abnormal**- levels of corticosteroids, pregnancy (gestational diabetes), drugs



## What Happens If Elevated?

- **Elevated Values**- indicate that the body does not make enough insulin
- **Does Not**- make very good use of the insulin it produces

## What Happens If Low?

- **Low Blood Sugar Levels**- are rare in people who do not take injected insulin or medication to assist with glucose control
- **Temporarily Low Blood Sugar**- can be caused by exercise, certain diseases and alcohol use

## What Do I Need To Do?

- **See a Health Care Provider**
- **See a Registered Dietitian**-for help with meal planning
- **See FFF Diabetic Diet Plan**

