

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 Food Fitness First® Diabetic Diet Plan.

