



ARE YOU ON TARGET?

Check your blood glucose levels

For many people with diabetes, checking their blood glucose level is an important way to manage their diabetes. Monitoring your blood glucose level is most important if you take insulin or diabetic tablets. The results of blood glucose monitoring can help you make decisions about food, physical activity, and medicines.

Ask your health care team how often you should check your blood glucose levels. Make sure to keep a record of your blood glucose self-checks. Take these records with you when you visit your health care team.

What are the recommended targets for blood glucose levels?

Many people with diabetes aim to keep their blood glucose at these normal levels:

- Before a meal: 80 to 130 mg/dL
- About 2 hours after a meal starts: less than 180 mg/dL
- HbA1c should be at 7.0% or less

Talk with your health care team about the best target range for you. Be sure to tell your health care professional if your glucose levels often go above or below your target range.

Remember, managing diabetes isn't easy, but it's worth it.



This content is provided as a service of the Belize Diabetes Association (BDA) - Corozal Branch. The BDA - Corozal Branch translates and disseminates research findings through its Corozal Diabetes Education Resource (CDER) Project to increase knowledge and understanding about health and disease among patients and the public. Content produced by the BDA - Corozal Branch is carefully reviewed by the association's health care medical professionals.
