

KNOW YOUR NUMBERS

# Blood Glucose

## What is blood glucose?

This number refers to the amount of sugar in your blood. High blood glucose occurs when there is not enough insulin (hormone controlling the sugar) in your body or when the body cannot use it correctly.

High blood glucose could mean you have pre-diabetes or diabetes. That's why it's important to know your blood glucose number. So, visit your doctor and get a quick test at least every five years, starting at age 20. Get checked more often if your doctor says you should. It's important to know your number.

**A normal blood glucose level falls between 70 and 130.**

*However, if you ate before testing, your number could reach 179 and still be considered normal.*

## Tips to lower your blood glucose number and reduce your risk:

- If you're overweight, try to lose a little weight; even 5-10% can make a difference
- Exercise often, even walking can help
- Pick whole-grain breads and pastas
- Don't skip meals
- Get plenty of sleep

Talk with your healthcare provider to find out your blood glucose number and get in control. Together, you can make a plan that is right for you.

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