



# HOW TO MANAGE BLOOD SUGAR

## 1 UNDERSTAND BLOOD GLUCOSE

The first step to managing your blood sugar is to understand what makes blood sugar levels rise. [heart.org/Diabetes](http://heart.org/Diabetes)

### GLUCOSE

The carbohydrates and sugars in what you eat and drink turns into glucose (sugar) in the stomach and digestive system. Glucose can then enter the bloodstream.

### INSULIN

Insulin is a hormone made in the pancreas that helps the body's cells take up glucose from blood and lower blood sugar levels.

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

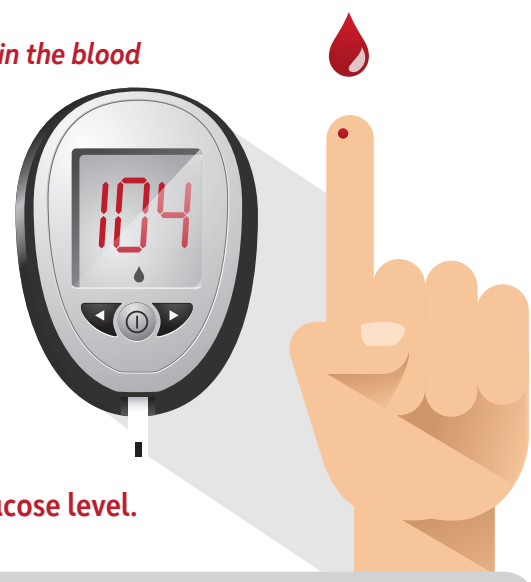
The body develops "insulin resistance" and can't use the insulin it makes efficiently.



The pancreas gradually loses its ability to produce insulin.



The result can be a high blood glucose level.



## 2 TRACK LEVELS

Health care providers can take blood glucose readings and provide recommendations. If you're diagnosed with type 2 diabetes, you will need to monitor your blood sugar level regularly. Know Diabetes by Heart can help you manage type 2 diabetes.

[KnowDiabetesbyHeart.org](http://KnowDiabetesbyHeart.org)

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

## 3 TIPS FOR SUCCESS



### EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, lean proteins and fish. Limit sweetened drinks, added sugars, fatty foods, processed meats and sodium. [heart.org/EatSmart](http://heart.org/EatSmart)



### MOVE MORE

Being physically active can lower your risk of developing diabetes and help you manage the disease if you already have it. [heart.org/MoveMore](http://heart.org/MoveMore)



### MANAGE WEIGHT

Stay at a healthy weight to help prevent, delay or manage diabetes. [heart.org/Weight](http://heart.org/Weight)



### DON'T SMOKE

Smoking, vaping or using tobacco can increase your risk of heart disease, stroke, many cancers and other chronic diseases. It may also make prediabetes and diabetes harder to manage. [heart.org/Tobacco](http://heart.org/Tobacco)

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