

STAYING HEALTHY WITH DIABETES

TARGET BLOOD SUGARS

	CANADA	US
Fasting/Premeal	4-7	80-130
2 Hours After a Meal	< 10 Under 8 if possible	< 180 Under 140 if possible
Bedtime	4-7	80-130

These are general guidelines – your doctor or health care provider may set different target goals for you.

DIABETES ABC'S

A

A1C (your 3 month blood sugar average)

Under 7%

B

Blood Pressure

130/80 or lower

C

Cholesterol (blood fat)

Targets are usually lower than for those without diabetes.

MY TARGETS

BLOOD SUGARS

Fasting/Premeal:

2 Hours After a Meal:

Bedtime:

DIABETES ABC'S

HA1C:

Blood Pressure:

Cholesterol: