



A little bit about blood sugars

When you have diabetes, it is important that you keep blood glucose as close to the target range as possible. Target ranges for blood glucose can vary from person to person. Some factors that determine blood glucose targets are the person's age, medical condition and other risk factors. This will help to delay or prevent complications of diabetes. Maintaining healthy eating habits is one of the key steps to keep your blood sugars in check in addition to an active lifestyle, and taking medication regularly, if necessary.

What should my blood sugar level be?

Recommended blood glucose targets for most people with diabetes*

	A1C**	Fasting blood glucose/ blood glucose before meals (mmol/L)	Blood glucose two hours after eating (mmol/L)
Target for most people with diabetes	7.0% or less	4.0- 7.0	5.0 to 10.0 (5.0 – 8.0 if A1C** targets not being met)

* This information is based on the Canadian Diabetes Association 2013 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada and is a guide.

** A1C is a measurement of your average blood glucose control for the last 2 – 3 months and approximately 50% of the value comes from the last 30 days.

Talk to your healthcare provider about YOUR blood glucose target ranges.

You should have your A1C measured every 3 months, when your blood glucose targets are not being met or when you are making changes to your diabetes management.

A1C, before meal and after meal blood glucose levels are all important measurements of your diabetes control.