American Heart Association®

Healthy for Good™

HOW TO MANAGE BLOOD SUGAR

Life's Simple 7

1 UNDERSTAND BLOOD GLUCOSE

The first step to managing your blood sugar is to understand what makes blood sugar levels rise. **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.

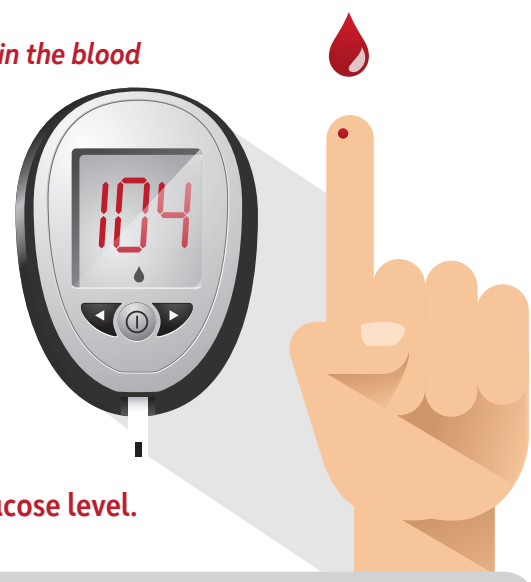*In type 2 diabetes glucose builds up in the blood instead of going into cells because:*

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**

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**

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**

MANAGE WEIGHT

Stay at a healthy weight to help prevent, delay or manage diabetes. **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**

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/DIABETES

Florida HEALTH