

KEEP BLOOD SUGAR IN CHECK

Get to Know Blood Glucose

When we eat food, our body makes glucose, a type of sugar. It travels in the blood to places in the body where energy is needed. Other parts of the body need insulin to carry glucose into cells to be used as energy. Healthy blood glucose is one sign that your brain, kidneys, and heart are healthy. High blood glucose may be related to things like dehydration or infection. But if blood glucose is too high over time, it may mean you have pre-diabetes or diabetes.

Know Your Numbers

Health care professionals can take blood sugar readings. If you are living with Type 2 diabetes, you may need to monitor your blood sugar level more often.

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 its insulin efficiently.
- » The pancreas slowly loses its ability to produce insulin.

The result can be a high blood sugar level.

Fasting Blood Glucose Level, Diagnosis and 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.

SECRETS FOR SUCCESS

Remember these tips to help you stay on track with your blood sugar goals.

» EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, and lean animal proteins like fish and seafood. Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.

» MOVE MORE

Being physically active can lower your risk of developing diabetes and help you manage the disease if you already have it.

» STAY WELL WITH WEIGHT

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

» DON'T BE TOXIC

Smoking, vaping, exposure to secondhand smoke 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.

GO RED TOGETHER

Help other women in your life keep their blood sugar in check. Share resources and ways to rethink what you drink from heart.org/sugar.

goredforwomen.org/lifes8women

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