Safe Blood Sugar Levels for Adults with Diabetes

Fasting blood sugar 70-100
(No food eaten)

Before a meal 70-130

2 hours after a meal less than 180

When to Check Your Blood Sugar

- In the morning before you eat or drink anything (fasting)
- Before a meal
- 2 hours after a meal
- At bedtime

Ask your medical provider:

- What the best blood sugar level is for you and when you should check your blood sugar.

Want More Information?

Ask your medical provider.

Call the American Diabetes Association.
1-800-DIABETES
(1-800-342-2383)

Information is only for educational purposes and not intended as medical advice. To determine if it is appropriate for you, consult your medical provider.

Keep It Under Control To Stay Well!
Checking your blood sugar is very important.

**HIGH** blood sugar can cause health problems:
- Blindness
- Kidney disease
- Heart disease
- Stroke
- Foot problems

**LOW** blood sugar stops energy from getting to your brain, heart, and kidneys.

**Signs of HIGH Blood Sugar >200**
- Feeling thirsty and tired
- Problems seeing (blurry)
- Urinating more than usual
- Fatigue

**Signs of LOW Blood Sugar <70**
- Irritable
- Headache
- Sweaty
- Confused
- Hungry
- Dizzy
- Shaky

**What to do if blood sugar is high**
- Check your blood sugar
- Follow your diet
- Avoid sugary foods
- Exercise
- Take your medicine
- Talk to your medical provider

**What to do if blood sugar is low**
- Check your blood sugar
- Drink 4 ounces of juice or eat 3-4 small pieces of hard candy
- If you use glucose tablets, take 3-4
- Recheck your blood sugar after 15 minutes
- Call your medical provider if your blood sugar does not come up