

TYPE 2 DIABETES: THE BASICS

Knowing what to look for when managing your diabetes is a major part of keeping it under control.

These are the 3 numbers to always keep in mind.



A1C Goals:

No diabetes = under 5.6

Pre-DM = 5.7-6.4

Diabetes = over 6.5



Fasting Blood Sugar:
2 hours after meals or longer

70-130 mg/dl



Post-Prandial:

Right after meals
<180 mg/dl

5-7%

Weight loss can bring down A1C by up to 1 full point

10 MIN

Walk after eating can help control post-meal blood sugar up to 22%



WHEN TAKING INSULIN

Talk to your doctor about exercising



TEST YOUR BLOOD SUGAR

At least once a day, every day

Learn to read
nutrition facts labels
and know your
carbohydrate foods
for the best control