The Ups and Downs of Blood Sugar

You need just the right amount of sugar in your blood to have energy and to stay healthy.

The key to keeping your diabetes under control is **balance**.

The “just right” zone is between **90** and **130**.

- Even people who have had diabetes for a long time can keep their blood sugar under control.
- When you first wake up in the morning, before you eat breakfast, your blood sugar should be between **90** and **130**.
- Try to keep your blood sugar between **90** and **130** as much of the time as possible.
Too much sugar in your blood is bad.

Greater than 130 is too high.

Greater than 180 is much too high.
Too little sugar is also bad.

For some people less than 90 is too low. Talk with your doctor about what is too low for you.

Less than 60 is much too low.
What makes your blood sugar go up?

The type of food you eat affects your blood sugar.

Some foods, like candy, taste sweet because they have a lot of sugar.

When you eat sweet foods:

- Your blood sugar goes up fast.
- Your blood sugar goes up to a high level.

Other foods like bread have sugar but they don’t taste sweet.

When you eat these foods:

- Your blood sugar goes up more slowly.
- Your blood sugar does not get as high.
What else makes your blood sugar go up?

**How much** you eat also affects your blood sugar.

- If you eat a large amount of food, your blood sugar will go up a lot.
- Your blood sugar may even go up above 180 and stay there for awhile.
- The longer your blood sugar is above 180, the more it hurts your body.

- If you eat a smaller amount of food, your blood sugar will go up a little.
- Your blood sugar will probably go up above 130 for a short time. But, it will come back to normal quickly.
Another part of eating right is **not skipping meals**.

If you skip a meal, no sugar gets into your blood.

Eating nothing can be as dangerous as eating too much.
What makes your blood sugar go down to the “just right” range?

**Medicine**

- Taking diabetes medicine makes your blood sugar go down.
- The medicines also keep your blood sugar from going too high after you eat.

Take your diabetes medicine every day to keep your blood sugar in balance.

**Exercise**

- Walking or other kinds of exercise will make your blood sugar go down.

You should exercise every day to keep your blood sugar in balance.
Keep your blood sugar between **90** and **130** as much of the time as possible.
You can keep your blood sugar in balance if you:

✓ Eat the right types of food.

✓ Eat the right amount of food.

✓ Try not to skip meals. If you have to miss a meal, have a healthy snack.

✓ Take your diabetes medicine every day.

✓ Walk or do some other type of exercise.