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# Blood Glucose, Blood Pressure & Exercise Goals for Diabetics - English

Michele Spatz

Pacific University, [mspatz@pacificu.edu](mailto:mspatz@pacificu.edu)

Ruth Dallas

Virginia Garcia Memorial Healthcare Clinic, [rdallas@vgmhc.org](mailto:rdallas@vgmhc.org)

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**Description**

One page handout for diabetics illustrating blood glucose, blood pressure and exercise goals.

**Keywords**

Diabetes, Patient Education, Blood Glucose, Blood Pressure, Exercise

**Disciplines**

Endocrine System Diseases | Medicine and Health Sciences | Nutritional and Metabolic Diseases

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# Goals to Keep Healthy with Diabetes

## Keep blood sugar under control



**80 -130**  
before breakfast



**below 180**  
1 hour after a meal



Keep blood  
pressure  
below **140/90**.



Take **medications**  
every day.



Exercise **30 minutes**  
most days of the week.



Eat **3 servings** of  
vegetables every day.