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## Blood Glucose Goals - Spanish

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**Description**

Simple, one page handout illustrating blood glucose goals. (Spanish)

**Keywords**

Diabetes, Blood Glucose, Goals

**Disciplines**

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

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# ¿Cuáles son los niveles sanos de azúcar en la sangre?



**Menos de 130**  
antes de comer



**Menos de 180**  
1 hora después de comer