Basic Diabetes Class Handout with Goal Numbers - English

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Description
This diabetic patient handout reviews A1C test results and simply illustrates what the patient can do to keep his/her blood sugar levels in the goal range.

Keywords
Diabetes, Patient Education, Goals

Disciplines
Endocrine System Diseases | Nutritional and Metabolic Diseases

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Keep your blood sugar in the **green zone** to protect your health.

Keep your blood sugar in the **green zone** so you can be healthy your whole life!

Blood sugar levels in the **yellow or red zone** will cause serious health problems in your future.
Keep blood sugar under control

- **Take your medicines each day**
- **Exercise 30 minutes most days**
- **Eat 3 servings of vegetables each day**
- **Eat 3 servings of fruit each day**
- **Keep blood pressure below 140/90**

- **80 - 130**
  - Before breakfast
- **Less than 180**
  - 1 Hour after a meal