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Basic Diabetes Class Handout with Goal Numbers
- English

Michele Spatz
Pacific University, mspatz@pacificu.edu

Ruth Dallas
Virigina Garcia Memorial Healthcare Clinic, rdallas@vgmhc.org

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Basic Diabetes Class Handout with Goal Numbers - English

**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.

- **Dialysis**
- **Amputations**
Keep blood sugar under control

- Take your medicines each day
- Exercise 30 minutes most days
- Eat 3 servings of vegetable 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

80 - 130
Before breakfast

Less than 180
1 Hour after a meal

80 - 130
Before breakfast

Less than 180
1 Hour after a meal