

Get the Facts on:

Glucose

www.harvardpilgrim.org

What is glucose?

Glucose is sugar. Many of the foods you eat (such as carbohydrates) are broken down into glucose by your body. Glucose travels through your blood to your cells and is used for energy. Insulin, produced by your body, helps move the glucose from your blood to your cells.

Non-Fasting Glucose Levels

Normal	70-125 mg/dL
High	126-199 mg/dL
Very High	200 mg/dL and over

Your Glucose Level: _____

Date: _____

What does your blood glucose (sugar) number mean?

The blood glucose number tells you what your blood sugar is right now. Normal blood sugar is between 70 and 125 mg/dL.

What does it mean if my blood sugar is high?

Blood sugar levels that remain high can damage your eyes, kidneys, nerves and blood vessels.

Many things can affect your blood sugar including what you recently ate, medicine you may be taking, an illness or stress. It may also mean that your body is having difficulty making enough insulin or is having trouble using the insulin it does make.

Please see your doctor or nurse to discuss the results of your blood glucose screening.



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continued 

Risk factors for diabetes are:

- Being overweight
- Latino, African American, Native American or Asian heritage
- Family history of diabetes
- High blood pressure
- Over 45 years old
- Diabetes during pregnancy or having a baby over 9 pounds
- HDL cholesterol level of 35 mg/dL or less and/or a triglyceride level of 250 mg/dL or more

What steps can I take to lower my risk of developing diabetes?

➔ Eat healthy.

You can reduce your risk of developing diabetes, or improve your glucose levels if you already have diabetes, by making changes to your diet.

- Eat lots of different vegetables and fruits. Try picking from the rainbow of colors, such as spinach, broccoli or tomatoes.
- Choose whole grain foods instead of processed grain products. Try brown rice with your stir-fry or whole-wheat spaghetti with your favorite pasta sauce.
- Include fish in your meal at least 2 times a week.

- Choose lean meats like cuts of beef or pork that end in “loin” such as pork loin and sirloin. Remove the skin from chicken and turkey.
- Choose non-fat dairy such as skim milk, nonfat yogurt and non-fat cheese.
- Drink water instead of soda, fruit punch, sweet tea and other sugar-sweetened drinks.
- Use healthy oils like canola and olive oil.
- Eating too much of even healthy foods can lead to weight gain. Watch your portion sizes.

➔ Be Active Throughout the Day!

Being active helps you burn calories and feel better. The more you move around, the more energy you'll have. Aim for a total of about 30 minutes a day, on most days of the week. There are many ways to be active throughout the day.

- Walk instead of drive whenever possible
- Take the stairs instead of the elevator
- Rake leaves, or do some housecleaning every day
- Park at the far end of parking lots and walk to the entrance

Where can I find out more about blood glucose and staying healthy?

Visit www.harvardpilgrim.org/wellness to:

- › Search *Health Topics A-Z* for up-to-date health and wellness information.
- › Find your own way to well-being with *My Way to Better*.
- › Find savings on health and wellness products and services such as Weight Watchers.

