

ADA Blood Glucose Targets

<i>TEST</i>	<i>RECOMMENDED GOAL</i>
Fasting	80-120
After Meals	Less than 180
Pre-Lunch	80-120
Pre-Supper	80-120
Bedtime	100-140

Dietary Goals - Individualized meal plan based on total calories for reasonable weight:

- ✓ 10-20% of calories from protein
- ✓ Less than 10% of calories from saturated fat
- ✓ Less than 10% of calories from polyunsaturated fat
- ✓ 60-70% of calories from monounsaturated fat and carbohydrates
- ✓ Less than 300mg cholesterol/day

Tips on Checking Your Blood Sugar:

1. Wait 2 hours after eating to test.
2. Wash your hands or clean your finger or other site with alcohol. If you are using alcohol, let it dry before you prick your finger.

Basic Guidelines for Diabetes Care

At every physician visit:

- ✓ Review Daily Blood Glucose Levels
Normal Fasting = less than 100
- ✓ Blood Pressure
Target = less than 130/80
- ✓ Weight
- ✓ Foot Exam

Every 3-Months:

- ✓ HbA1C (every 3 months, yearly if stable)

Yearly:

- ✓ Mono-Filament Test on Feet (yearly)
- ✓ Dilated Eye Exam (yearly)
- ✓ Microalbuminuria (yearly)
- ✓ Cholesterol (yearly)
Target = under 200
- ✓ Triglycerides (yearly)
Target = under 150
- ✓ HDL (yearly) “Good Cholesterol”
Target = over 40 for men, over 50 for women
- ✓ LDL (yearly) “Bad Cholesterol”
Target = under 100
- ✓ Flu Shot (yearly)
- ✓ Pneumonia Vaccine (generally once)

As you move closer to your target lab values, you will reduce your risk of complications of diabetes.

Blood Sugar Journal *for people with Diabetes*

Compliments of:



**Redington-Fairview
General Hospital**

Your independent community hospital

PO Box 468, 46 Fairview Avenue
Skowhegan, Maine 04976
207-474-5121 ♦ www.rfgh.net
download more copies online!

	Breakfast				Lunch				Dinner				Bedtime	
	Pre Glucose Count	Time	Carb Grams	Post (2hr) Glucose Count	Pre Glucose Count	Time	Carb Grams	Post (2hr) Glucose Count	Pre Glucose Count	Time	Carb Grams	Post (2hr) Glucose Count	Glucose Count	Time
Monday														
Meds/Comments														
Tuesday														
Meds/Comments														
Wednesday														
Meds/Comments														
Thursday														
Meds/Comments														
Friday														
Meds/Comments														
Saturday														
Meds/Comments														
Sunday														
Meds/Comments														

