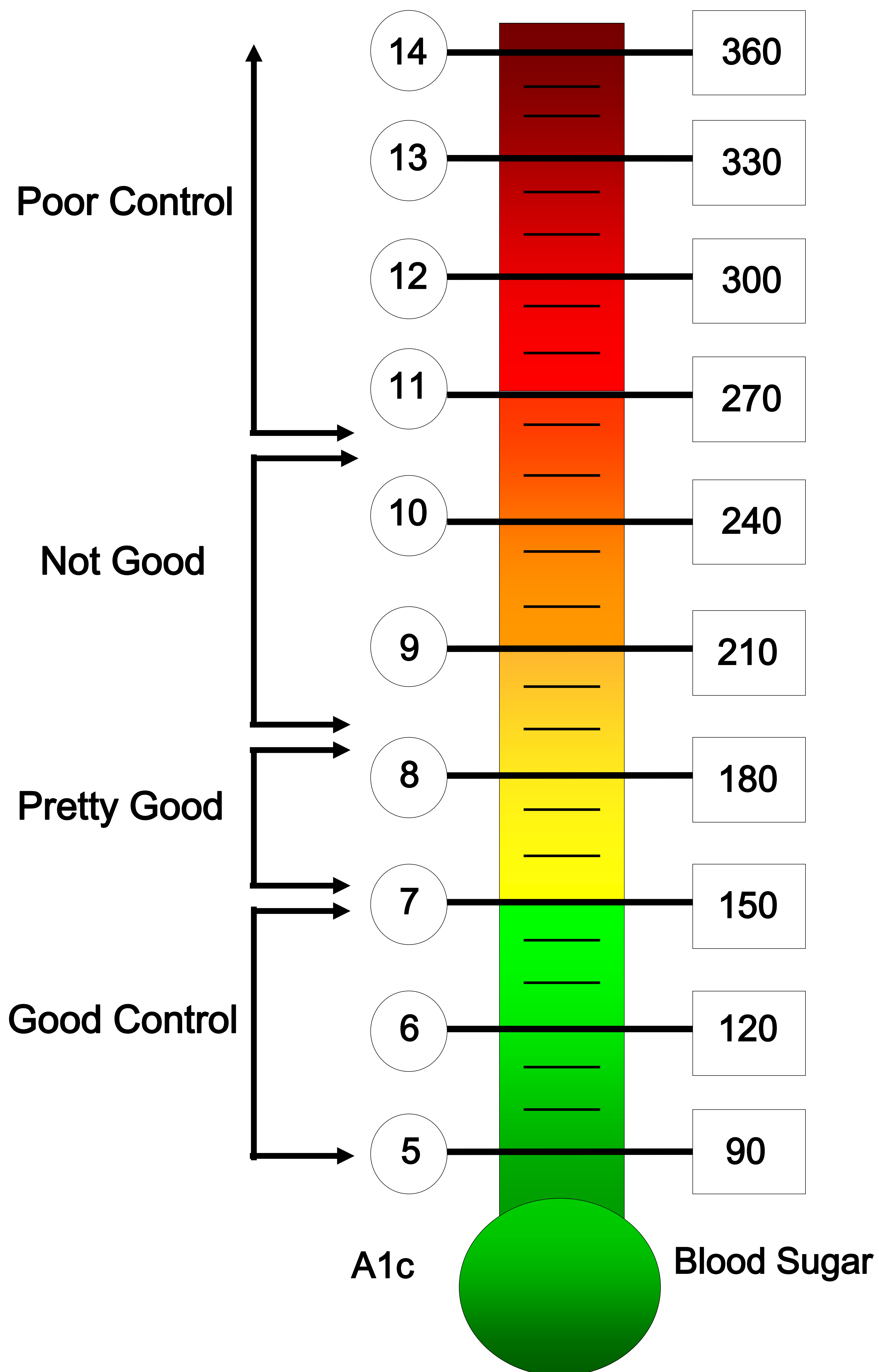


# Take Care of Your Diabetes

## Know Your Number



## Remember To:

- Take your diabetes medicines every day.
- Check your blood sugar every day.
- Be aware of how much starch and sugar (carbohydrates) you eat at every meal.
- Be active almost every day.
- Clean and look at your feet every day.
- Go to your doctor's office for regular check-ups.

### Goal Blood Sugars

Fasting (No food for 8 hours)	80 - 120
Before Meals	80 - 120
2-hours After Meals	150 - 180
Bedtime	100 - 140

What is too low? Less than 70 at any time