

Be Good to Your Heart: Know Your Blood Glucose Level

Write your fasting blood glucose level here: _____

What does your blood glucose level mean?

Fasting blood glucose level (mg/dL):

| | |
|---------------------|--|
| Below 100 mg/dL | Normal — Good for you! Keep up the good work! |
| 100 to 125 mg/dL | Prediabetes — You are at risk for developing type 2 diabetes. — It is time to lose weight and be physically active at least 5 days a week. |
| 126 mg/dL or higher | Diabetes — You should work with your doctor and other health care providers to learn to control it. — You should work with your doctor to learn the ABCs (A1C test, blood pressure, and cholesterol) of controlling diabetes. |