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for your well-being

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# A TIP FOR TENNESSEANS

February 28, 2017

## Life's sweet with healthy blood sugar.

True or false? Eating too much sugar causes high blood sugar.

This answer is a bit tricky. It's true that certain foods, especially sugary sodas and other drinks, can make your blood sugar (glucose) go up. However, even if you're trying to control your blood sugar level, sweets aren't always completely forbidden. Healthy habits like eating more nutritious foods and moving more are good for all of us, high blood sugar or not.<sup>1</sup>

Like cholesterol and blood pressure, your blood sugar number can change without any warning signs. Keeping it in a healthy range can lower your risk for things like heart, eye, kidney and circulation problems. Work with your doctor. And learn the truth behind the common myths of high blood sugar and the three key ways to keep it in check.

## What do your numbers mean?

Your glucose number tells how much sugar is in your blood. It shows if you have diabetes or are at risk for it.

### \*Fasting

Normal: < 100 mg/dL

Pre- Diabetes: 100-125 md/dL



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Non-Fasting

Acceptable: < 199 mg/dL

High: ≥ 200 mg/dL

\*Fasting means having nothing to eat or drink except water for at least nine hours prior to the test.

References:

<sup>1</sup> "Diabetes Myths." American Diabetes Association, 17 August 2015. Web. 16 January 2017. | "Foot Complications." American Diabetes Association, 05 February 2016. Web. 16 January 2017. | "Are You at Risk?" American Diabetes Association, Web. 16 January 2017. | | Statistics About Diabetes." American Diabetes Association, 12 December 2016. Web. 16 January 2017.





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