

# DIABETES AND NUTRITION EDUCATION

## Targets for Glucose Control

### Type 1 and Type 2 Diabetes

Blood sugar targets and frequency of testing should be individualized. Please discuss with your health care provider.

Before Meals ..... Less than 120 mg/dL

After Meals ..... Less than 150-180 mg/dL  
*2 hours after start of meal*

Bedtime ..... Less than 150-180 mg/dL

Hemoglobin A1C ..... Less than 6.5-7.0%



### Testing in Pairs and the 50 Point Rule

By occasionally testing before and after meals, you will learn how foods and portions affect your blood glucose. If your after-meal blood glucose is more than 50 points higher than your before-meal result, discuss with your Diabetes Care Team. Possible reasons for post-meal blood glucose elevations: carbohydrate intake, medication adjustment needed, stress/illness.

### Hypoglycemia

Low blood sugar is generally considered less than 70 mg/dL. Please see the hypoglycemia information in your folder for more information on low blood sugar.

*Adapted from: American Diabetes Association: Clinical Practice Recommendations, Diabetes Care, 2021  
American College of Endocrinology: Clinical Practice Guidelines, 2021*