

Know your numbers glucose

Blood glucose is a simple blood sugar, and your body's main source of energy. A blood test measuring glucose is important in the early detection and treatment of diabetes, which can damage your heart, kidney, nerves, blood vessels or eyes.

The normal range for fasting blood glucose levels (nothing but water for at least eight hours before the test) is 50–99. For non-fasting glucose, it's 50–119. Be sure to see your doctor if either your fasting or non-fasting blood sugar reading is above the normal range.

To lower glucose levels and reduce your risk for developing diabetes:

- See your doctor regularly
- Lose weight if you're overweight
- Eat more foods that are low in saturated fat and high in soluble fiber
- Choose healthy carbohydrates, like whole grain cereals, breads, crackers and pasta; fruits and vegetables; bean and barley soups; wild and brown rice; and low-fat or fat-free dairy products
- Get at least 30 minutes of moderate exercise, five days a week



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