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## BIOMETRICS for DIABETES

Normal FBS: 80-99

Goal FBS for diabetes: 80-120

2 hour GTT normal: under 120

Goal for GTT with diabetes: under 140

Please test blood sugar 2 hours after dinner meal: goal under 140

If above 140 no snack

***Make sure all snacks are at least two hours after a meal and 2 hours before a meal to lower glycemic load, improve A1C.***

Normal A1C: 4.8-5.6

High Risk for Diabetes: 5.7-6.0

Further testing and possible medication needed for A1C 6 and above

A1C 6.5 or higher is diagnosis for diabetes

A1C of 6.5 or lower is goal for diabetes to avoid complications

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## DIETARY PRIORITIES

- Even distribution of carbohydrate throughout the day, avoid overloading carbohydrates.
- Controlled amount of carbohydrates at each meal (carb foods are starches, fruits, milk, and yogurt)
- 1 carbohydrate serving: 15-20 total grams of carbohydrate
- Limit to 2-3 carbohydrate servings per meal
- 1 carbohydrate serving per snack (15-20 grams)