

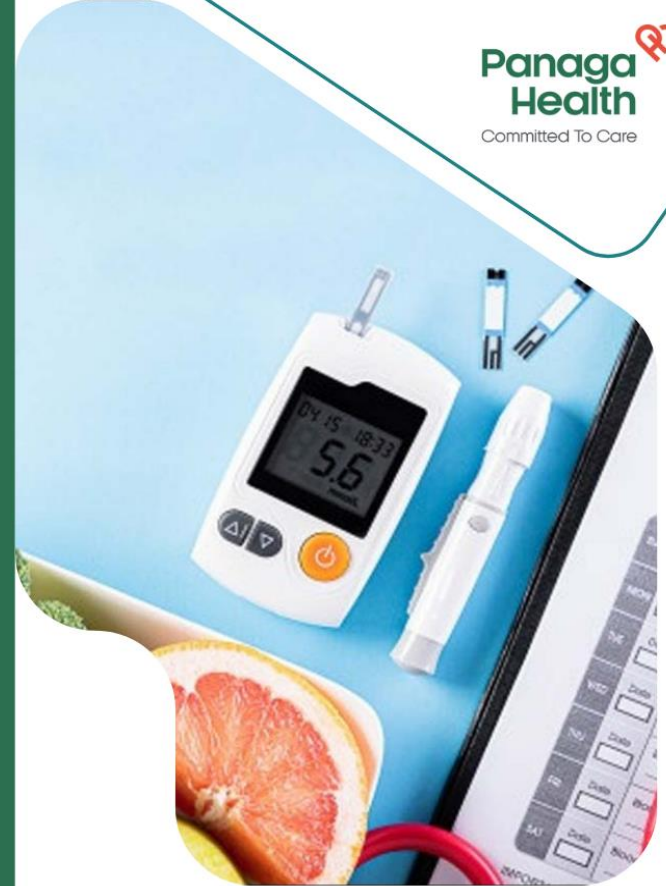
HOME GLUCOSE MONITORING

Home Blood Sugar Targets

TIME	BLOOD SUGAR
Fasting (first thing in the morning)	< 7.0
Before a meal (means you have not eaten in 2 hours)	4.0-7.0
After a meal (2 hours after your meal)	5.0-10.0

Office blood sugar targets (HbA1c) are a different test and individual goals can vary. For most people the goal is <7.0.

(Ask your doctor about your individual HbA1c goal)



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Diabetes Lifestyle Management

MEDICATION

Understand how does the medication work; its potential side effects; when and how to take; as well as adherence.

WEIGHT LOSS

Losing 5-10% of bodyweight can make a big difference.

EXERCISE

(*pre-exercise clearance from your physician may be needed for intense activity)

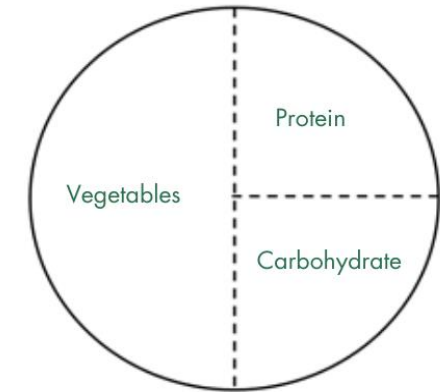
- At least 150-300 minutes of moderate intensity aerobic activity weekly or at least 75-150 minutes of vigorous intensity activity throughout the week;
- Muscle strengthening activities at moderate or greater intensity on 2 or more days/week, preferably non-consecutive days;
- Preferably daily exercise, or at least not allowing more than 2 days to elapse between exercise sessions;
- Older adults are recommended to include flexibility and balance activities such as Yoga/Tai Chi 2-3 times/week.

DIET

- Eat 3 meals a day spaced evenly apart, spread carbohydrates over the day;
- Limit carbohydrate servings to $\frac{1}{4}$ of your plate or the size of your fist;
- Choose carbohydrates with less sugar/starch (low Glycemic Index like basmati rice);
- Increase fibre with wholegrains, legumes, nuts, fruits and vegetables;
- Aim for balance at meals according to the healthy plate and portion guide below;
- Limit sugars, both processed sugars (e.g. desserts, baked goods or candy) and natural sugars (e.g. honey or jam);
- Limit processed/packaged foods;
- Limit fruit to 2 servings per day;
- If you are thirsty drink water or sugar free beverages;
(Note: artificial sweeteners are safe in small amounts);
- Prepare more meals at home with whole, unprocessed ingredients.



Healthy Plate



Handy Portion Guide



Protein



Carbohydrates
(Starch/Fruit)



Vegetables