

Blood Sugar Testing Guide

Understanding your blood sugar levels and how to test at home can help you stay in control of your health and prevent complications.

What is Blood Sugar?

Blood sugar (glucose) is the body’s main energy source, coming from the food you eat. Keeping glucose levels within a healthy range helps prevent long-term issues like heart disease, vision loss, and nerve damage.

Why Monitoring Blood Sugar Matters

- Helps track how food, exercise, and medications affect blood sugar.
- Identifies high and low blood sugar levels early.
- Prevents complications by keeping glucose levels within target range.

Blood Glucose Numbers Chart by Age

Age	Fasting Range	Before Meal	1-2 Hours After Meal	Bedtime
0 - 6	80 -180 mg/dL	100-180 mg/dL	Less than 180 mg/dL	110-200 mg/dL
6 - 12	80-180 mg/dL	90-180 mg/dL	Up to 140 mg/dL	100-180 mg/dL
13 - 19	70-150 mg/dL	90-130 mg/dL	Up to 140 mg/dL	90-150 mg/dL
20+	Less than 100 mg/dL	80-130 mg/dL	Less than 180 mg/dL	100-140 mg/dL

A1C Goal: Most adults should aim for below 7%, but targets may vary based on individual health conditions.

Tips for Keeping Blood Sugar in Range

- **Choose smart carbs** – Eat whole grains, non-starchy vegetables, and fiber-rich foods.
- **Exercise regularly** – Aim for 150 minutes of moderate activity per week.
- **Stay hydrated** – Drinking water helps regulate blood sugar.
- **Maintain a healthy weight** – Excess weight can impact blood sugar control.



How to Check Your Blood Sugar

Using a glucometer is the most common way to test at home.

1. Wash hands and insert a test strip into the glucometer.
2. Prick the side of your finger with a lancet.
3. Apply a drop of blood to the strip and wait for the result.
4. Record your reading to track trends over time.

Recommended Blood Glucose Meters

- **Contour Next EZ** – Highly accurate results.
- **OneTouch Verio Reflect** – Personalized Blood Sugar Mentor insights.
- **Nova Max Plus** – Quick results with 400-test memory storage.

Let ADS Support Your Diabetes Journey

At Advanced Diabetes Supply (ADS) and US MED, we're committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage diabetes effectively.

We're committed to your health. Contact us today for more information.



Advanced Diabetes Supply

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