



DIABETES MANAGEMENT

Blood glucose monitoring

Provides a measurement of your blood sugar level at a given time.

Glycosylated hemoglobin A1C monitoring

Provides a measurement of your average blood sugar control for the last 2 – 3 months; approximately 50% of the value comes from the last 30 days.

Recommended blood sugar targets for most people with diabetes*

Your specific targets may not be the same as the examples in the chart below.

	Targets*
Fasting blood glucose (sugar) / blood sugar before meals (mmol/L)	4.0 to 7.0
Blood sugar two hours after eating (mmol/L)	5.0 to 10.0 (5.0 – 8.0 if A1C targets not being met)
Glycosylated hemoglobin A1C	≤ 7.0%

* These targets are based on the Diabetes Canada 2018 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada and should only serve as a guide.

How to use this log

- Mark the date.
- Indicate the results obtained before and 2 hours after each meal.
- Circle or underline the results that are above or below your targets.
- Add comments on your eating habits, health, exercise, etc.

This health content is for information purposes only. The information in no way replaces a consultation with a health care professional. All medication and treatment decisions must be made with a health care professional.

Date	Breakfast		Lunch		Dinner		Bedtime
	Before	2 hrs after	Before	2 hrs after	Before	2 hrs after	
April 11	5.2	6.4			3.8	6.4	6.2
Comments			No lunch				
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