

“Eat To Your Meter”

How to Use Your Glucometer to Lower Your Blood Sugar

Step 1: Test your blood sugar, write down what you eat, and know your targets.

Test before eating (fasting), 1 hour after a eating, and 2 hours after a eating.

This will show you where you are starting, how quickly your highest readings come and how fast they come back down. You may see meals which include sugars and carbohydrates like bread, cereal, pasta, deserts and fruit give you higher readings. Know your targets:

TARGET Blood Sugar Readings				
	Fasting	1 hour After Eating	2 hours After Eating	5 hours After Eating
Normal	70-90	70-130	70-110	70-90
Treatment Guidelines	70-110*	70-180*	70-140*	70-130*
<i>Your Goals</i>				

Step 2: Limit all Sugars, Starches, & Carbs.

For the next several days or weeks try to cut back on carbohydrates. **Eliminate:** sugars, breads, cereals, pancakes, grains, oats, flour, pasta, rice, beans, tortillas, potatoes, corn, and fruit.

Continue to eat lots of non-starchy vegetables, some quality protein, and natural fats.

Continue to test your blood sugars before and after eating to see what impact this can have.

Continue this until you achieve your target blood sugars.

Step 3: Adding in more foods.

Now you can consider cautiously adding back *low glycemic carbohydrates* (e.g. berries, sweet potatoes, beans, sugar-free 100% whole grains, etc.). Test before and after eating each of these foods -- **if your blood sugar goes above your targets, that food should not be part of your eating plan.**

Test, test, test! Learn which foods give you healthy blood sugars and which give you dangerous high levels! No matter what anyone tells you about nutrition -- if a food raises your blood sugar over the targets you are aiming for, eliminate it! Check blood sugars until patterns are clear, then you can reduce how often you test. Whenever necessary go back to *Step 2*.

If you “*Eat To Your Meter*”, your blood sugar will tell you what the best eating plan is for **your** body!