

# BLOOD SUGAR OUT OF RANGE?



Elevated blood sugar over a period of time can lead to diabetes. Learn about your risks and what to do below.

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## 1 ARE YOU AT HIGHER RISK?

If so, some of these may apply to you.

BMI over 25

Age over 45

Relatives with diabetes (especially parents, children, or siblings)

Some races are more affected: African-American, Alaska

Native, American Indian, Asia American, Hispanic/Latino,

Native Hawaiian, Pacific Islanders

High blood pressure diagnosis

Fats in your blood (HDL <25 mg/dL, Triglycerides >250 mg/dL)

Low activity levels

PCOS diagnosis



## 2 WHATS HAPPENING INSIDE?

When blood sugars are high, your body has a problem with insulin. Insulin is a hormone that helps the glucose get into your cells to give them energy. A problem with insulin could be

- Insulin resistance, a condition in which the body can't use its insulin properly. It makes it hard for your cells to get glucose from your blood. This can cause your blood sugar levels to rise.
- Your body can't make enough insulin to keep your blood sugar levels at a healthy level



## 3 START THINKING ABOUT CHANGE

Track yourself! BE SELF-AWARE, and write it down!

How many steps do you normally get each day?

How many vegetables do you normally eat each day?

How much water do you normally drink each day?

How often do you eat away from home?



## 4 SET GOALS

Use the information you found tracking yourself (above) to Set SMALL, MANAGEABLE weekly goals for yourself.

Do: Set goals you can achieve each day/ week (ie- drink 1 less sugary drink/food per day)

Don't: Set Large goals that are very different from your normal routine (ie- I will exercise daily)



## 5 EAT MINDFULLY

This doesn't always mean making healthy decisions when you choose meals. Eating mindfully can also mean being aware of how you feel before, during and after you eat.

How hungry are you?

Do you feel any emotions?

How quickly did you eat?

How full did you get?



## 6 GET SUPPORT

Get HEALTHY support. Find someone that can help support you, and keep you accountable. This person could be:

Your medical provider

Your mental health provider

Weight loss groups

A good friend

Your dietitian

