

## DIABETES SUGAR LEVEL

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[What Is a Normal Blood Sugar Level ? - Diabetes Self](#)

A normal blood sugar level two hours after eating is less than 140 mg/dl (7.7 mmol/l). However, lower than that would be better. Some experts say shoot for 120 (or 6.6). However, lower than that would be better.

[Lows & highs: Blood sugar levels | Diabetes Canada](#)  
Keeping blood glucose (sugar) levels in a healthy range can be challenging. Knowing and understanding the symptoms of high and low blood sugar is very important for people living with diabetes, as well as their friends and family members. When the amount of sugar in your blood has dropped below your

[Chart of Normal Blood Sugar Levels for Adults with Diabetes](#)

[Normal Blood Sugar Levels for Adults With Diabetes](#)  
Normally, your pancreas releases insulin when your blood sugar , or blood glucose, gets high -- after a meal, for example.

[Managing your blood sugar | Diabetes Canada](#)  
Managing your blood sugar when you're ill When you are sick, your blood sugar levels may fluctuate and be unpredictable. During these times, it is a good idea to check your blood sugar levels more often than usual (for example, every two to four hours).

[Blood Sugar Level Ranges - Diabetes.co.uk](#)

This page states 'normal' blood sugar ranges and blood sugar ranges for adults and children with type 1 diabetes, type 2 diabetes and blood sugar ranges to determine people with diabetes. If a person with diabetes has a meter, test strips and is testing, it's important to know what the blood glucose level means.

[Diabetes - What Should My Blood Sugar Levels Be?](#)

You and your health care provider will agree on when to check blood sugar using a blood glucose meter. You will do the tests yourself. Be sure to ask your health care provider or diabetes assistant to teach you how to use the meter.

[Diabetes: Blood Sugar Levels | HealthLink BC](#)

For example, some children and adolescents with type 1 or type 2 diabetes, people who have severe complications from diabetes, people who may not live much longer, or people who have trouble recognizing the symptoms of low blood sugar may have a higher target range.

[Create an Account Diabetes Care Community](#)

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### Is There a 'Safe' Blood Sugar Level? - Type 2 Diabetes

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Yes, there is a safe blood sugar level. It is the optimum range that safely provides the body with adequate amounts of energy. For the average person, it is 70 to 105 mg/dl in a fasting state.

### Blood Sugar Levels: How Glucose Levels Affect Your Body

When you have diabetes, your blood sugar (aka blood glucose) levels may be consistently high. Over time, this can damage your body and lead to many other problems.

### Low blood sugar - self-care: Patient Instructions ...

Low blood sugar is called hypoglycemia. A blood sugar level below 70 mg/dL (3.9 mmol/L) is low and can harm you. A blood sugar level below 54 mg/dL (3.0 mmol/L) is a cause for immediate action. You are at risk for low blood sugar if you have diabetes and are taking any of the following diabetes