



KNOW YOUR NUMBERS

GLUCOSE

Most of the food we eat is broken down by our bodies into glucose (also known as blood sugar). Glucose provides energy to your body—but only with the help of insulin, which is produced by your pancreas. People with diabetes have little or no insulin, so glucose builds up in the blood and passes out of the body. Thus, the body loses its main source of fuel even though the blood contains large amounts of glucose.

less than 100 (fasting)—NORMAL
between 140 and 199 (non-fasting)—NORMAL