




Monitor your blood sugar level before and after meals

	Blood sugar	Before food	2 hours after food
	Too high Risk of hyperglycaemia	>7.0 mmol/L	>10.0 mmol/L
	Optimal	4.0 to 7.0 mmol/L	4.0 to 10.0 mmol/L
	Too low Hypoglycaemia	<4.0 mmol/L	<4.0 mmol/L

Your targets may vary depending on your condition; discuss this with your doctor or care team