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[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.

[How to Test Your Blood Sugar Levels - webmd.com](#)
Most people with diabetes need to check their blood sugar (glucose) levels regularly. The results help you and your doctor manage those levels, which helps you avoid diabetes complications.

[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.

[Tests for Blood Sugar \(Glucose\) and HbA1c | Patient](#)
Urine test for blood sugar (glucose). Blood tests for blood sugar (glucose) Random blood glucose level. A sample of blood taken at any time can be a useful test if diabetes is suspected. A level of 11.1 mmol/L or more in the blood sample indicates that you have diabetes. A fasting blood glucose test may be done to confirm the diagnosis.

[Blood sugar and glucose levels: what they mean, and what ...](#)

At home, the blood glucose level can be checked by the person with diabetes using a finger prick test with a blood glucose meter. This method checks the glucose level in the capillary blood.

[Random glucose testing: What is a normal blood sugar level?](#)

A random glucose test measures the amount of glucose or sugar in a person's blood. Glucose is a form of sugar and comes from the foods people eat. It is the body's primary energy source and fuels.

[All About A Fasting Blood Sugar Test \(Clinic & At-Home\)](#)

Any time you use a blood glucose monitor, you are conducting a blood test to better understand and manage your blood sugar levels. Unlike the tests in the doctor's office, these in-home tests use a finger prick to collect a sample and the results are available instantly.

[Blood Glucose Test: Preparation, Procedure, and More](#)
A blood glucose test measures the amount of glucose in your blood. Glucose, a type of simple sugar, is your body's main source of energy. Your body converts the carbohydrates you eat into glucose.

[Managing your blood sugar | Diabetes Canada](#)

Blood glucose (sugar) is the amount of sugar in your blood at a given time. It is important to check your blood sugar levels, because it will: Provide a quick measurement of your blood sugar level at a given time; Determine if you have a high or low blood sugar level at a given time;

[Blood sugar level - Wikipedia](#)

The normal blood glucose level (tested while fasting) for non-diabetics, should be between 3.9 and 5.5 mmol/L (70 to 100 mg/dL). The mean normal blood glucose level in humans is about 5.5 mmol/L (100 mg/dL); however, this level fluctuates throughout the day.

[Diabetes Blood Sugar Levels Chart \[Printable\]](#)

Blood sugar is a daily reading while A1c is a blood test that measures your average blood sugar from the previous 3 month period. You can read more about the difference between the two over here . Will weight loss help with my diabetes management?

[13 Foods That Lower Blood Sugar - Healthline](#)

Protein helps the body maintain and repair itself. Since protein doesn't impact blood sugar levels, it doesn't have a GI ranking and won't raise blood sugar levels.

[Glucose Tests - Lab Tests Online](#)

Glucose is the primary energy source for the body's cells and the only energy source for the brain and nervous system. A steady supply must be available for use, and a relatively constant level of glucose must be maintained in the blood.

[Best Blood Sugar Monitors and Glucose Meters |](#)

[Everyday Health](#)

The Contour NEXT kit includes everything you need to get started monitoring your blood sugar, including the test machine, test strips, a lancing device, lancets, and a control solution for testing.