

## WHAT IS A BLOOD SUGAR TEST

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

Blood sugar 2 hours after meals Normal for person without diabetes: Less than 140 mg/dl (7.8 mmol/L) Official ADA recommendation for someone with diabetes: Less than 180 mg/dl (10.0 mmol/L)

[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.

[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.

[Diabetes and Blood Sugar Testing - WebMD](#)

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 are Blood Sugar Target Ranges? What is Normal Blood ...](#)

Understanding blood sugar target ranges to better manage your diabetes. As a person with diabetes, you may or may not know what your target ranges should be for your blood sugars first thing in the morning, before meals, after meals, or at bedtime.

[Blood sugar testing: Why, when and how - Mayo Clinic](#)

Blood sugar testing is an important part of diabetes care. Find out when to test your blood sugar level, how to use a testing meter and more. If you have diabetes, self-testing your blood sugar (blood glucose) can be an important tool in managing your treatment plan and preventing diabetes. [Tests for Blood Sugar \(Glucose\) and HbA1c | Patient](#) A fasting blood glucose test may be done to confirm the diagnosis. Fasting blood glucose level. A glucose level below 11.1 mmol/L on a random blood sample does not rule out diabetes. A blood test taken in the morning before you eat anything is a more accurate test. Do not eat or drink anything except water for 8-10 hours before a fasting blood glucose test. A level of 7.0 mmol/L or more.

[What Is Blood Sugar? - livescience.com](#)

Blood sugar, or glucose, is the main sugar found in blood. The body gets glucose from the food we eat. This sugar is an important source of energy and provides nutrients to the body's organs.

### [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 - Wikipedia](#)

The blood sugar level, blood sugar concentration, or blood glucose level is the amount of glucose present in the blood of humans and other animals. Glucose is a simple sugar and approximately 4 grams of glucose are present in the blood of a 70-kilogram (150 lb) human at all times.

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

Dr. Berg talks about what is normal blood sugars. Dr. Eric Berg DC Bio: Dr. Berg, 51 years of age is a chiropractor who specializes in weight loss through nutritional and natural methods.