

## NUMBERS AND DIABETES

A normal blood glucose is \_\_\_\_ - \_\_\_\_ and < \_\_\_\_ two hours after a meal.

A normal body mass index is \_\_\_\_ - \_\_\_\_.

A hemoglobin A1c measures the “glaze” on the red blood cells. Normal is \_\_\_\_ - \_\_\_\_\_. The range for Prediabetes is \_\_\_\_ - \_\_\_\_\_. Diabetes is  $\leq$  \_\_\_\_\_.

Cholesterol should be < \_\_\_\_\_. The cholesterol number is broken down into two measurements, LDL and HDL. The LDL should be < \_\_\_\_\_ (lethal). The HDL should be > \_\_\_\_ (healthy).

Regular exercise is recommended to lower bad cholesterol and raise good cholesterol. The AHA recommends \_\_\_\_\_ minutes of moderate exercise/week plus \_\_\_\_\_ minutes of vigorous exercise/week.

Triglycerides, our primary form of stored energy, should be < \_\_\_\_\_.

Optimally, fiber intake should be \_\_\_\_ - \_\_\_\_ grams/day.

The normal blood pressure ranges from a low of \_\_\_\_/\_\_\_\_ to a high of \_\_\_\_/\_\_\_\_.

One cup of oil, fat or shortening contains \_\_\_\_\_ calories.

Focus on \_\_\_\_\_ to keep pounds off naturally.