

TYPE **2** DIABETES :

HIGH & LOW blood sugar

The signs of **High** and **Low** blood sugar are different for everyone.
Always check your blood sugar to know for sure.



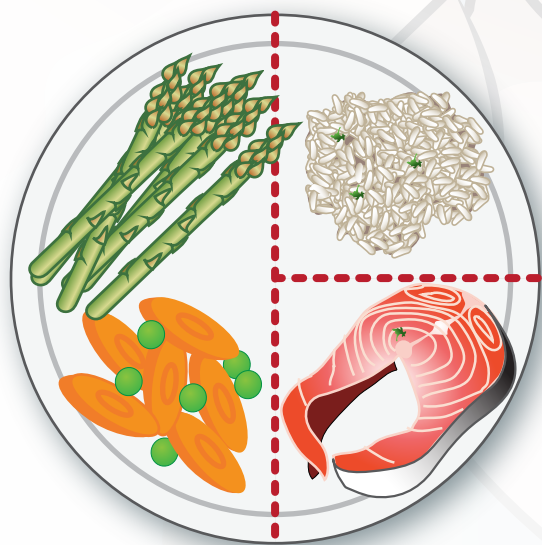
signs of
HIGH
blood sugar

Weight Loss
Frequent Urination
Blurred Vision
Extreme Thirst
Fatigue
Weakness



YOUR TARGET
blood sugar

fasting / before meals
4.0 -7.0 mmol/L
2 hours after meals
5.0 -10.0 mmol/L



signs of
LOW
blood sugar



Sweating
Irritability
Shaking
Hunger
Nausea
Confusion
Weakness
Headache

**Making Healthy Food Choices is
Key in Managing your Diabetes**

