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A blood sugar target is the range you try to reach as much as possible. These are typical targets: Before a meal: 80 to 130 mg/dL. Two hours after the start of a meal: Less than 180 mg/dL. Your blood sugar targets may be different depending on your age, any additional health problems you have, and other factors.

Manage Blood Sugar | Diabetes | CDC

Regular blood sugar monitoring is the most important thing you can do to manage type 1 or type 2 diabetes. You'll be able to see what makes your numbers go up or down, such as eating different foods, taking your medicine, or being physically active.

Monitoring Your Blood Sugar - Centers for Disease Control ...

A 2011 study from California State Polytechnic University found that the more nicotine samples of human blood were exposed to, the higher the A1C level (a measure of blood sugar control). These high blood sugar levels increase the risk of serious diabetes complications, such as heart attack, stroke, and kidney failure, WebMD reported.

Sneaky Things That Raise Your Blood Sugar Level | Reader's ...

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