

Subject: Blood glucose levels

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Here are some of the guidelines I used in interpreting my own glucose readings.

1. The more informative readings are two hours after finishing a meal; refer to the 2nd-to-last column below. If Dad is making progress and becoming increasingly insulin sensitive, his reading should get under 200.

Glucose Level Reference

(mg/dL)	After fasting	1-2 hrs aft meal	2 hrs aft meal	2-3 hrs aft meal
Normal	70-99	< 140	< 139	< 100
Prediabetes	100-125		140-199	
Type 1/2 Diabetes	> 126		> 200	

2. Individual readings can be off as much as ± 10 . So, the trend after several days is what matters. For this reason, the readings should be logged in Excel.

3. Compare "like" readings to each other, not with "differing" readings. E.g., compare morning readings to morning readings, and 2-hours-after-meal readings to each other.

4. Be careful about morning readings, due to the "dawn phenomenon" in which blood glucose is naturally high due to circadian rhythm, getting the body ready for the day.

Huy