

Target of your blood sugar

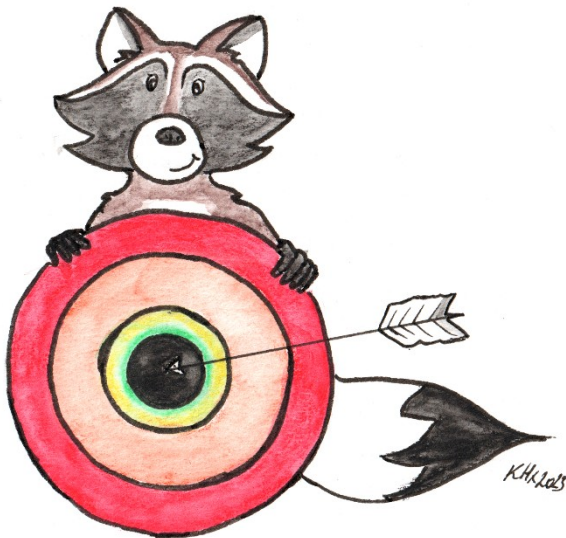
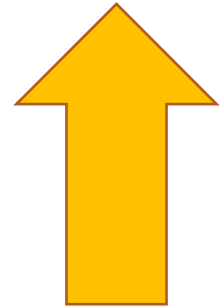
too high

before the meal

> 100 mg/dl

2 hours after eating

> 180 mg/dl



Target range

before the meal 70-100 mg/dl

2 hours later < 180 mg/dl

too low: everytime < 70 mg/dl

