

BLOOD SUGAR

Know Your Numbers, Protect Your Health ♥



Your body gets glucose from the foods you eat.



Insulin helps move glucose from blood into your cells.



Healthy levels give you energy and keep you well.



BLOOD SUGAR LEVELS (mg/dL)

CATEGORY	FASTING (No food for 8–10 hours)	NON-FASTING (2 hours after a meal)	WHAT IT MEANS	WHAT YOU CAN DO
NORMAL	70 – 99	< 140	✓ Good	- Keep up healthy habits - Check sugar regularly
PREDIABETES	100 – 125	140 – 199	⚠ At risk – change lifestyle	- Eat healthy, control portions - Be active, lose excess weight - Reduce sugar drinks & snacks
DIABETES	≥ 126	≥ 200	⚠ Diabetes – needs treatment	- Follow doctor's advice - Take medicines as prescribed - Monitor sugar regularly



For more information visit:
<https://5riversheart.org>



DO MORE (Good for Your Health)



Whole grains, vegetables, fruits



Be active 30 minutes daily



Drink water, not sugary drinks



Maintain healthy weight



Sleep well & manage stress



DO LESS (Limit / Avoid)



Sugary drinks & sweets



Refined carbs (white bread, maida, pastries)



Deep fried & rich foods



Large portions & late night eating



Sitting for long hours

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BLOOD PRESSURE

Know Your Numbers, Protect Your Heart ❤️



WHAT DO THE NUMBERS MEAN?

120 **SYSTOLIC** (Top Number)
Pressure when the heart beats

80 **DIASTOLIC** (Bottom Number)
Pressure when the heart rests between beats



BLOOD PRESSURE CATEGORY

CATEGORY	SYSTOLIC (TOP)	DIASTOLIC (BOTTOM)	WHAT IT MEANS	WHAT YOU CAN DO
NORMAL	< 120	< 80	Good ✓	- Keep up healthy habits - Check BP regularly
ELEVATED	120 – 129	< 80	At risk – improve lifestyle ⚠️	- Eat healthy, reduce salt - Be active, maintain weight - Manage stress, don't smoke
HYPERTENSION STAGE 1	130 – 139	80 – 89	Needs attention – lifestyle and possible medicine ⚠️	- Follow doctor's advice - Take medicines as prescribed - Improve lifestyle habits
HYPERTENSION STAGE 2	≥ 140	≥ 90	Needs treatment and close follow-up ⚠️	- Take medicines every day - Reduce salt, avoid alcohol - Regular check-ups

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✓ DO MORE (Good for Your Heart)



Eat fruits, vegetables & whole grains



Be active 30 minutes daily



Maintain healthy weight



Manage stress & get enough sleep



Check BP regularly

✗ DO LESS (Limit / Avoid)



Too much salt (< 1 tsp/day)



Fried & processed foods



Alcohol (too much)



Smoking & tobacco



Sitting for long hours

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