Good blood sugar control reduces your risk of diabetes complications. This can be done!

- Nutrition
- Exercise
- Weight Loss
- Blood Sugar Testing

**Blood Sugar**

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<th>4</th>
<th>6</th>
<th>8</th>
<th>10</th>
<th>12</th>
<th>14</th>
<th>16</th>
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</thead>
</table>

**Blood Sugar Control**

- **Blood sugar > 11** *causes symptoms*
- **Blood sugar < 4** *causes symptoms*

*Information updated according to the Canadian Diabetes Guidelines 2013