

How to Track Blood Sugar at Home

Monitoring blood sugar levels can help identify patterns and prevent severe drops. Follow these steps:

1. **Choose a Reliable Blood Glucose Monitor:** Inexpensive and highly rated options include:
 - **Contour Next EZ** (\$20-\$30, accurate and widely available)
 - **ReliOn Premier Compact** (budget-friendly, available at Walmart)
 - **CareSens N** (affordable test strips, good for frequent monitoring)
2. **Wash Hands Thoroughly:** Prevents contamination affecting readings.
3. **Use a Fresh Lancet:** Prick the side of the fingertip for a small blood sample.
4. **Apply Blood to the Test Strip:** Insert strip into the monitor and wait for the reading.
5. **Track Your Results Consistently:** Record blood sugar levels at specific intervals.

Blood Sugar Levels (mg/dL)

- **Normal (Fasting, before eating):** 70-99 mg/dL
- **Normal (After eating, 1-2 hours post-meal):** Below 140 mg/dL
- **Low Blood Sugar (Hypoglycemia):** Below 70 mg/dL
- **Reactive Hypoglycemia:** Typically occurs **within 2-5 hours after eating** when blood sugar drops **below 70 mg/dL**, causing symptoms like shakiness, dizziness, sweating, and weakness.
- **High Blood Sugar (Hyperglycemia, fasting):** 126 mg/dL or higher
- **High Blood Sugar (After eating):** Over 180 mg/dL

How to Check for Reactive Hypoglycemia

1. **Test Before Eating (Fasting Level)** – Should be **70-99 mg/dL**
2. **Test 1 Hour After Eating** – Typically peaks but stays **below 140 mg/dL**
3. **Test 2-5 Hours After Eating** – If it drops **below 70 mg/dL**, you may have reactive hypoglycemia.

Snack 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fasting (before eating)							
30 minutes after meal							
1 hour after meal							
2 hours after meal							
3 hours after meal							
Symptom occurrence							
Snack 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fasting (before eating)							
30 minutes after meal							
1 hour after meal							
2 hours after meal							
3 hours after meal							
Symptom occurrence							

Weekly Meal Plan for Blood Sugar Stability

Each day includes three meals and two snacks to help maintain stable blood sugar levels.

Day	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Scrambled eggs w/ avocado & toast	Almonds & berries	Grilled chicken & quinoa salad	Greek yogurt & flaxseeds	Baked salmon, sweet potato & greens
Tuesday	Oatmeal w/ nuts & cinnamon	Cheese & whole wheat crackers	Turkey wrap w/ hummus & veggies	Hard-boiled eggs	Stir-fry w/ tofu & brown rice
Wednesday	Greek yogurt w/ granola & banana	Peanut butter & apple	Chicken & avocado quinoa bowl	Cottage cheese & walnuts	Baked cod, roasted carrots & quinoa
Thursday	Scrambled tofu w/ whole wheat toast	Handful of mixed nuts	Lentil soup & whole grain bread	Protein smoothie	Beef stew w/ brown rice
Friday	Chia pudding w/ coconut milk & berries	Cheese & cucumber slices	Grilled salmon & spinach salad	Almond butter & celery	Baked chicken, wild rice & asparagus
Saturday	Whole grain pancakes & eggs	Hard-boiled eggs	Tuna salad w/ chickpeas	Greek yogurt & sunflower seeds	Turkey meatballs, roasted veggies & quinoa
Sunday	Smoothie w/ protein powder & flax	Handful of mixed nuts	Chicken stir-fry w/ brown rice	String cheese & crackers	Grilled shrimp, quinoa & steamed broccoli