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sugars in what you eat and drink insulin turns into glucose sugar in the stomach and digestive system  
glucose can then enter the bloodstream know how to recognize and treat low blood sugar  
hypoglycemia recognize and treat high blood sugar hyperglycemia plan healthy meals monitor your  
blood sugar glucose take care of yourself when you are sick find buy and store diabetes supplies get  
the checkups you need if you take insulin you should also know how to

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what is blood glucose blood glucose or blood sugar is the main sugar found in your blood it is your body s primary source of energy it comes from the food you eat your body breaks down most of that food into glucose and releases it into your bloodstream when your blood glucose goes up it signals your pancreas to release insulin

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1 walk it out 2 eat more barley 3 bump up your exercise intensity 4 combine your macronutrients 10 snack on nuts 12 think long term for your health whether you have diabetes or prediabetes or just generally suffer ill effects from blood sugar swings you want to know what really works to control your blood sugar levels

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