Managing High Blood Sugar

What is High Blood Sugar?

High blood sugar means there is too much glucose in the blood. Glucose comes from the food we eat and it is our body's main source of energy.

High blood sugar could be caused by overeating, a lack of exercise and being overstressed. It can damage the nerves, blood vessels, and organs and increase the risk of diabetes, heart attack or stroke.

Learn How to Read Your Blood Sugar

Fasting Glucose:	Prediabetes	Diabetes
Optimal < 5.6 mmol/L	5.6 - 6.9 mmol/L	⩾ 7.0 mmol/L

If you have high blood sugar, seek medical attention immediately.

We recommend monitoring your blood sugar levels regularly.

Tips to Manage High Blood Sugar (For Pre-Diabetics)

By adopting these lifestyle modifications, the risk of developing diabetes can be greatly reduced.

Manage your body weight

If you are overweight or obese, try losing 5% of your body weight to reduce the risk of diabetes.

Do exercise for at least 2.5hrs/week

Maintain a healthy weight with moderate-intensity activities like brisk-walking, dancing or badminton.

Avoid overeating during meals

Practice portion control by having a more balanced meal. Fill **half** a plate with **vegetables**, **1/4** with **whole grains** and **1/4** with **protein**.

Limit consumption of sugars & sweets

Have desserts like Gulab Jamun only on special occasions. Avoid drinking juices & sodas frequently.

Eat more foods high in fiber

Make roti and paratha with whole grain flours like jowar or bajra. Eat more lentils, dhal, and at least 5 servings of fruits and vegetables daily.