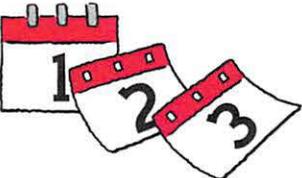


Blood Sugar Guidelines

NUMBERS	TIME	RESULT	ACTION
30-70	When you wake up 		This is low. Eat right away.
70-140	When you wake up 		You are doing great! Have your normal breakfast.
140-200	When you wake up or 2 hours after eating 		Did you eat too much at dinner? Or did you have a late-night snack?
Over 200	More than 3 days 		Call your doctor. Drink sugar-free beverages.