

A1C

An A1C test measures the average amount of glucose (sugar) in your blood over the past three months.



A one time, high A1C level does not indicate a confirmed diabetes diagnosis.



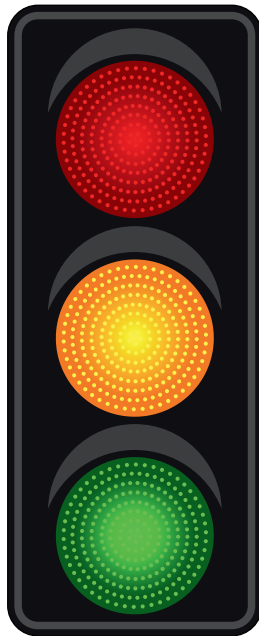
The A1C test is not the same as a daily blood sugar spot check.



If you currently have diabetes, you should aim to keep your A1C below 7%.



Long term high blood sugar can lead to serious health problems such as kidney and heart disease, poor vision and much more.



Diabetic: Greater than 6.5%

Pre-diabetic: 5.7% - 6.4%

Normal: Less than 5.7%

How to lower your A1C:



Control food portions



Limit alcoholic drinks



Increase physical activity



Eat at regular times and do not skip meals



Choose foods/drinks low in calories, saturated fats, trans fats, sugar and salt

