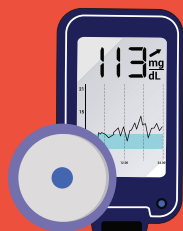


Continuous Glucose Monitoring and Nutrition



Continuous glucose monitors (CGMs) can be used as a guide to help with lifestyle decisions.



**Know your
glucose targets**



**Monitor your CGM
readings for trends**

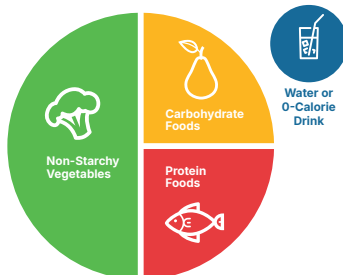


**Learn how food
affects your
glucose levels**

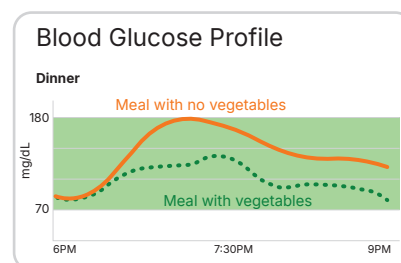
Understand your CGM readings and maximize its benefits.



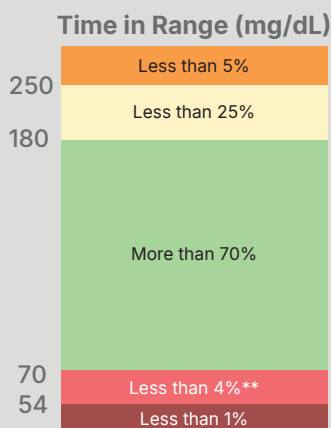
Check your glucose before you eat and two hours after to see how what you've eaten affects your glucose levels.



The amount of carbohydrates, protein, and fat in what you eat changes how it affects your glucose level.



Choosing non-starchy vegetables and whole grains will lower the affect the food you eat will have on your glucose levels.



*includes values less than 54 mg/dL

While CGMs are a useful technology, it is important to not let its continuous stream of data overwhelm you.

- ✓ Check your averages every 2 weeks.
- ✓ For most people with diabetes, the time in range (TIR) is between 70 and 180 mg/dL. You should aim for keeping your glucose levels in your TIR 70 percent of the time.
- ✓ Every 5% increase in TIR helps prevent diabetes complications.