

## Zones for Management of Diabetes

### Green Zone – Great Control

- Average fasting blood sugar number 80-120
- Average blood sugar 80-140



### Green Zone Means:

- Your blood sugar levels are well maintained
- Continue taking your medications as ordered
- Continue your daily blood sugar check
- Follow healthy eating habits
- Keep all your appointments

### Yellow Zone = CAUTION

- If fasting blood sugar is 120-150 or below 70
- If average blood sugar between 150-300



### Yellow Zone Means:

- Call your medical provider and tell them how you feel
- Eat low carbohydrate and low sugar foods
- Work with your medical provider and share your blood sugar logbook at each appointment

### Red Zone = Stop and Think

- Average blood sugar of 180-300
- If you have a blood sugar of 400 or higher
- If you have a blood sugar less than 70
- Increased thirst, frequent urination, and/or increased hunger

### Red Zone Means:

- **You need to call your medical provider as soon as possible**

