






Diabetes & Fasting


















BLOOD SUGAR TESTING

- ✓ Test your blood sugar levels more often than usual. 
- ✓ Have glucose test kit ready and follow instructions on the manual. 
- ✓ Follow your diabetes treatment plan if symptoms of low or high blood sugar occur. 
- ✓ If symptoms continue or get worse, call for emergency help. 
- ✓ Fasting blood sugar target: Diabetes: 80-130mg/dl 

BEFORE CHANGING YOUR DIET, PLEASE ALWAYS CONSULT YOUR PRIMARY CARE PROVIDER.

FOODS TO EAT

The lower a food's glycemic index number (<55), the less it affects blood sugar and insulin level.

Food Item Low GI(0-55)	Food Item Medium GI(56-69)	Food Item High GI(70-100)
Apple 39 	Sugar 65 	Corn Chips 72 
WheatCereal 31 	Raisins 64 	Gatorade 78 
Soybean 18 	Cheese Pizza 60 	Pumpkin 75 
Cashews 21 	Pineapple 66 	Pretzels 83 
Grapes 46 	Wheat Thins 67 	White Rice 89 
Honey 55 		
Brown Rice 55 		

Know How to Fast Safely

- If exercising, engage in low-intensity activities such as walking to maintain energy.
- Maintain a regular and balanced diet. Use MyPlate.gov to help in learning more about healthy and balanced food choices.
- Stay hydrated.
- Keep fasting periods shorter. If needed, fast only for 8 hours instead of 10 hours to avoid feeling tired.



When To seek Medical Help

- If you start feeling weak and unable to carry out daily tasks.
- If you have nausea, vomiting, fainting, or lightheadedness.
- if you have visual changes, muscle cramps, or weakness.
- if you start having headaches, confusion, or jitters.
- if you have chest pain or fast heartbeat or start sweating.

**Before changing your diet or fasting,
consult with your Primary Care Provider.**



For more information on balanced diets, visit [MyPlate.gov](https://www.MyPlate.gov)