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

**Continuous Glucose Monitoring and Nutrition**

**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.**

**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.**

Learn more at diabetes.org | 1-800-DIABETES (1-800-342-2383)

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