NEW LEAF HEALTH

Free Resource • Blood Sugar Monitoring Guide

Understanding Your Blood Sugar Throughout the Day

If you have a blood sugar monitor, using it strategically throughout the day gives you valuable information about how your body is responding to meals, stress, and your overall mineral and metabolic picture. You do not need to do this forever — just for the first two to three weeks to give you a clear baseline.

The goal is not to chase perfect numbers. The goal is to understand your patterns so you can support your body more effectively.

When to Check

Work through as many of these checks as is realistic for you. If finger pricking becomes too much, you can skip the one-hour post-meal checks and focus on the two-hour readings — those are the most telling. After the first two to three weeks, you can simplify to checking after meals that are higher in carbohydrates.

#	When to Check	What to Know	Target
1	**Upon waking**	This is your fasting blood sugar (FBS). Record this number — it is your starting point for the day.	**85–95 mg/dL**
2	**Before breakfast** (if 45+ minutes after waking)	If more than 45 minutes pass between waking and eating, check again before your first meal.	
3	**1 hour after breakfast**	You want this number to be within 40–50 points of your pre-breakfast reading.	**Within 40–50 points of starting number**
4	**2 hours after breakfast**	Your numbers should have returned to within 10 points of your pre-breakfast reading.	**Within 10 points of starting number**
5	**Before lunch**	Record your pre-meal baseline.	
6	**1 hour after lunch**	Same target as breakfast — within 40–50 points of your pre-lunch number.	**Within 40–50 points of starting number**
7	**2 hours after lunch**	Should return to within 10 points of your pre-lunch number.	**Within 10 points of starting number**
8	**Before snack**	Record your pre-snack baseline.	
9	**1 hour after snack**	Same target — within 40–50 points of your pre-snack number.	**Within 40–50 points of starting number**
10	**2 hours after snack**	Should return to within 10 points of your pre-snack number.	**Within 10 points of starting number**

#	When to Check	What to Know	Target
11	**Before dinner**	Record your pre-meal baseline.	
12	**1 hour after dinner**	Same target — within 40–50 points of your pre-dinner number.	**Within 40–50 points of starting number**
13	**2 hours after dinner**	Should return to within 10 points of your pre-dinner number.	**Within 10 points of starting number**
14	**Before bed**	Your final reading of the day. This helps identify any overnight patterns.	

A Note on Meals Higher in Carbohydrates

After the first two to three weeks of thorough monitoring, you do not need to check after every single meal. Focus your ongoing testing on meals that are higher in carbohydrates — things like grains, starchy vegetables, fruit, or anything sweet. These are the meals most likely to create a larger blood sugar response, and testing after them gives you the most useful data for understanding how your body handles carbohydrates specifically.

> ***Quick Reference — Your Targets***
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> *1 hour after eating: Within 40–50 points of your pre-meal number*
> *2 hours after eating: Within 10 points of your pre-meal number*
>
> *Example: Pre-meal reading of 90*
> *1-hour target: no higher than 130–140*
> *2-hour target: back to 95–100 or lower*

What to Do With This Information

If you're working with a practitioner, bring your readings to your next visit. Patterns are more useful than individual numbers — so do not worry if one reading looks off. Look at the overall picture: how high your numbers rise, how quickly they come back down, and whether there are particular meals or times of day where your body struggles more.

Blood sugar stability is one of the foundational pillars of good health, and any mineral support you're using can directly support how your cells respond to glucose. Many people find that their numbers become easier to manage as their magnesium, chromium, and other foundational minerals rebuild. This monitoring is a tool to help you track that progress — not a source of stress.

Simple Strategies to Support Healthy Blood Sugar

If you notice your numbers running higher than the targets above, here are some practical tools to work with. None of these require perfection — small consistent habits add up over time.

Strategy	How It Helps
Prioritize protein at every meal	Eating protein first slows how quickly carbohydrates break down and enter the bloodstream, reducing the size of your blood sugar spike. Aim to eat at least some of your protein before reaching for the carbohydrate portions of your meal.
Move after meals with higher carbohydrates	Even a 10–15 minute walk after eating significantly improves how your muscles take up glucose from the bloodstream. You do not need intense exercise — light movement is enough to make a meaningful difference.
Apple cider vinegar (ACV) before eating	One to two teaspoons of raw apple cider vinegar in a small amount of water before a meal can help blunt the blood sugar rise after eating. The acetic acid slows carbohydrate digestion and improves insulin sensitivity.
Increase fiber intake	Soluble fiber slows the absorption of glucose into the bloodstream. Good gentle options include hydrated chia seeds, psyllium husk, and cooked vegetables. Aim to include fiber in every meal rather than saving it all for one sitting.
Eat dense, balanced meals	Combining protein, fat, and fiber with your carbohydrates at every meal creates a much more gradual glucose response than eating carbohydrates alone. Avoid skipping meals, which can trigger blood sugar swings and stress hormone release.
Stay consistently hydrated	Even mild dehydration can cause blood sugar to concentrate and read higher. Keep water intake consistent throughout the day. Electrolyte support also helps your cells regulate glucose more effectively.
Manage stress where possible	Stress hormones raise blood sugar directly, even without eating. Simple practices like slow breathing, short rest breaks, and not skipping meals all reduce the stress load on your adrenal and blood sugar system.

Want help making sense of your readings? Barbie can help.

This resource is for educational purposes only. It is not a substitute for medical advice from your licensed healthcare provider.