

HOW TO READ YOUR GLUCOSE

A simple guide to help you understand what your numbers mean and how to interpret your patterns throughout the week.

This guide is not medical advice. It's a practical tool to help you understand your own patterns.

1. WHAT FASTING, 1-HOUR, AND 2-HOUR VALUES MEAN

Fasting (morning before eating) Shows your baseline overnight glucose stability. Influenced by: sleep, stress, late eating, hormones.

1-Hour After Meal Shows how high your glucose rises in response to food. Useful for spotting which meals cause spikes.

2-Hours After Meal Shows how well your body brings glucose back down. Useful for understanding insulin sensitivity and recovery.

2. WHAT A STABLE GLUCOSE CURVE LOOKS LIKE

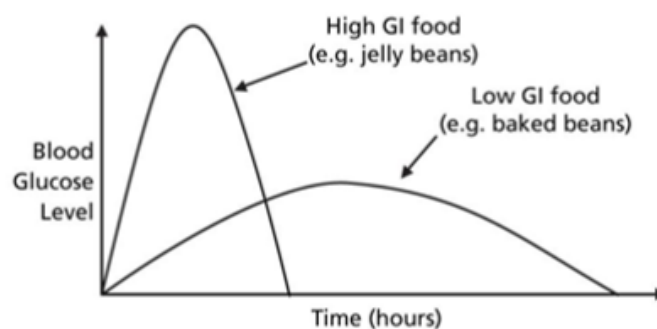
A stable curve rises gently after meals and returns toward baseline within 2–3 hours. It feels like:

- steady energy
- fewer cravings
- calmer mood
- no sudden hunger

A spiky curve rises sharply and drops quickly. It feels like:

- irritability
- cravings
- fatigue
- brain fog

Foods with a **high GI** produce a **fast, high rise** in blood glucose levels
Foods with a **low GI** produce a **slower, lower rise** in blood glucose



3. WHAT CAUSES GLUCOSE SPIKES

Common triggers:

- sweet breakfast
- eating sweets on an empty stomach
- low-fiber meals
- large portions of fast carbs
- late-night eating
- poor sleep
- stress
- dehydration
- long periods without movement

4. HOW TO INTERPRET YOUR OWN PATTERNS

Look for:

- Which meals give you stable energy
- Which meals cause spikes
- Whether sleep affects your morning glucose
- Whether stress changes your numbers
- Whether walking helps your numbers recover
- Whether certain foods consistently work better for you

Patterns matter more than single numbers.

5. WHAT TO PAY ATTENTION TO DURING THE WEEK

- How you feel after meals
- Which habits make the biggest difference
- Whether your energy becomes more stable
- Whether cravings decrease
- Whether your morning glucose improves
- Whether your mood feels calmer

Use this guide anytime you want to understand your numbers more clearly.