

Practical, simple guidance to help you understand your glucose patterns

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The 5 Most Common CGM Mistakes and How to Fix Them Today

Introduction

Most people use a continuous glucose monitor (CGM) without ever learning how to interpret the data. This leads to confusion, unnecessary stress, and wrong conclusions about food, symptoms, or glucose spikes. My goal with this guide is to help you understand the most common mistakes – and fix them quickly and simply.

About me

I'm Agne, a certified diabetes & glucose nutrition coach. I help people understand their glucose patterns, CGM readings, spikes, crashes, and symptoms in a simple, human way. I've spent the past 5+ years helping people understand their glucose patterns, eating habits, and daily routines in a simple, practical way – especially those navigating insulin resistance, weight challenges, or Type 2 diabetes under their doctor's care.

If you ever want ongoing support

I also offer a WhatsApp subscription with unlimited Q&A, where you can send screenshots, ask questions anytime, and get clear, personalized guidance. You can join anytime [Here](#).

The 5 Most Common CGM Mistakes

⚠ Mistake #1

Reading spikes without context

People panic when they see a spike, but context matters more than the number.

✓ Look at shape, duration, and return to baseline, not just the peak.

⚠ Mistake #2

Comparing your numbers to someone else's

CGM data is highly individual.

✓ Compare your data only to your own patterns.

⚠ Mistake #3

Testing meals incorrectly

People test meals on different days, stress levels, sleep quality, or activity.

✓ Test meals under similar conditions or repeat the same meal twice.

⚠ Mistake #4

Ignoring glucose crashes

Everyone focuses on spikes, but crashes cause cravings, anxiety, fatigue, and overeating.

✓ Track dips below your personal baseline and note symptoms.

⚠ Mistake #5

Making big changes based on one day of data

One day means nothing. Patterns matter.

✓ Look at 3-7 day trends, not a single event.

Summary

These 5 mistakes are the main reasons CGM data often feels confusing. Once you understand context, patterns, meal testing, crashes, and trends - everything becomes much clearer and far less stressful.



Want help understanding your CGM data?

Here are the ways I can support you:

[WhatsApp Subscription - Unlimited Q&A](#)

Get ongoing support, ask unlimited questions, send screenshots, and get personalized guidance anytime.

[Join WhatsApp Subscription](#)

[Ask a Single Question – \\$29](#)

Perfect if you want one clear, personalized answer.

[Ask a Question – \\$29](#)

[Glucose Strategy – \\$59](#)

A personalized, step-by-step plan based on your symptoms, patterns, and goals.

[Get My Glucose Strategy – \\$59](#)

All communication happens through simple WhatsApp messages - nothing complicated. You can write to me anytime you have a question, a screenshot, or something you want clarity on. Just send a message, and I'll get back to you as soon as I'm available. It's easy, personal, and feels just like talking to a friend who actually understands your glucose data.