

A	<p>Is for HbA1c, which is a measurement of the sugar in your blood. Your HbA1c should be 6.5% (48mmol/mol) or less. Ask your GP to tell you.</p> <p>Your day to day blood sugar should range from 4 (before meals) to 10 (after meals).</p>
B	<p>Is for blood pressure.</p> <p>This should be 130/80 or less.</p>
C	<p>Is for cholesterol.</p> <p>This should be 4 or less.</p>
D	<p>Is for diet. carbohydrate-counting</p> <p>and eat lots of unprocessed, brown food and vegetables.</p>
E	<p>Is for exercise.</p> <p>Walk as much as possible.</p>

A	<p>Is for HbA1c, which is a measurement of the sugar in your blood. Your HbA1c should be 6.5% (48mmol/mol) to 7.0% (53 mmol/mol) or less. Ask your GP to tell you.</p> <p>Your day to day blood sugar should range from 4 (before meals) to 10 (after meals).</p>
B	<p>Is for blood pressure.</p> <p>This should be 130/80 or less.</p>
C	<p>Is for cholesterol.</p> <p>This should be 4 or less.</p>
D	<p>Is for diet. Low Glycaemic Index.</p> <p>Try not to eat processed or white food (eg: bread, rice, pasta) and eat lots of unprocessed food and vegetables.</p>
E	<p>Is for exercise.</p> <p>Walk as much as possible.</p>