

What is high blood glucose?

Blood glucose is a measure of the sugar level in your blood. If the level is high, it means that there is too much sugar. If your blood glucose level remains high for a long period of time it can lead to damage of your blood vessels and organs and may lead to developing diabetes.

If your glucose lab value was elevated, there are several changes you can make in your diet before you have an appointment with a nutritionist.

1. Begin to cut back on the number of sweetened beverages you drink including sodas, sweet tea, Kool-Aid, Jungle Juice and fruit punch. For children ages 1-6 years old, limit sweetened beverages to 4-6 oz per day and for children 7-18 years old, limit sweetened beverages to 8-12 oz per day.

Better choices include: plain or flavored water, diet sodas, Crystal Light, sugar-free Kool-Aid, or unsweetened tea with a sweetener such as Splenda or Equal.

If you drink juice, choose 100% juice and count this toward the sweetened beverages limit for the day.

2. Choose cereals wisely. Try to limit cereal to 1-cup servings. Limit intake of sugar-sweetened cereals such as Frosted Flakes, Fruit Loops, Fruity Pebbles or Coco Puffs. Instead, choose a cereal with less than 10 grams of sugar and at least 3 grams of fiber per serving.
3. Choose snacks wisely. Avoid eating snacks that have a lot of sugar. Healthier snack choices include graham crackers, string cheese, low-fat popcorn, carrot sticks, or fruit.

If you have any questions about your lab values and/or what you can do to improve them, be sure to consult your nutritionist or health care provider. They will educate you and your child about making healthier choices to help lower blood glucose levels.