



## Managing high glucose levels after meals

### Why is my glucose level high after my meal?

Your glucose level is high after your meal because this is when you eat the most carbohydrates. Carbohydrate foods break down into glucose. This is used by the body for energy.

When your glucose levels rise after a meal, your body needs to make more insulin to move the extra glucose out of your bloodstream and into your muscles cells.

Large amounts of carbohydrate foods at any one meal or snack can make your glucose levels rise too high.

### What can I do to manage my glucose levels after a meal?

Choose the right amount and type of carbohydrate at your meals and snacks. See our [How food can help manage high blood glucose levels after meals](#) fact sheet for more information.

Be active after your meals. Try a short walk or housework for 10-15 minutes. Our [How exercise can help you manage your diabetes](#) fact sheet explains more.

You and your baby need carbohydrates as an important source of energy. It is important to continue eating the right amount and type of carbohydrates.

### When should I call the Diabetes Educator?

Call the diabetes educators if you have 3 readings of 6.7 mmol/L or more at the same meal.

Often healthy eating and exercise are not enough to manage your glucose levels and medication may be needed to bring your glucose levels down to a range that is best for you and your baby.

#### Diabetes Educators

T: (03) 8345 2153

Monday to Friday (8am-3pm)

### Do you need an interpreter?



Interpreter

If you need an interpreter, remember you can ask for one.

\*Your blood sugar level is read in mmol/L, which means millimoles per litre

Disclaimer: This fact sheet provides general information only. For specific advice about your or your baby's healthcare needs, you should seek advice from your health professional. The Royal Women's Hospital does not accept any responsibility for loss or damage arising from your reliance on this fact sheet instead of seeing a health professional. If you or your baby require urgent medical attention, please contact your nearest emergency department.  
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