

After Meal Blood Sugar Normal

Glucose tests can reveal temporary/long-term hyperglycemia or hypoglycemia. These conditions may not have obvious symptoms and can damage organs in the long-term. Abnormally high/low levels, slow return to normal levels from either of these conditions and/or inability to normalize blood sugar levels means that the person being tested probably has some kind of medical condition like type 2 diabetes which is caused by cellular insensitivity to insulin. Glucose tests are thus often used to diagnose such conditions. [cb9ee93145](#)

Blood sugar level The body tightly regulates blood glucose levels as a part of metabolic homeostasis. The blood sugar level, blood sugar concentration, blood glucose level, or glycemia is the measure of glucose concentrated in the blood. The body tightly The blood sugar level, blood sugar concentration, blood glucose level, or glycemia is the measure of glucose

concentrated in the blood

History Several tools have been developed to help quantify and communicate the effect of food on glycemic response. These include glycemic index (GI), glycemic load (GL) and glycemic glucose equivalents (GGE). A comparative glycemic response can also be determined, which compares the impact on blood glucose of one food to another based upon their total carbohydrate or total quantity. The MRE replaced the canned Meal, Combat, Individual (MCI) in 1981. Its garrison ration and group ration equivalent is the Unitized Group Ration (UGR), its in-combat and mobile equivalent is the Close Combat Assault Ration (CCAR), and its long-range and cold weather equivalents are the Long Range Patrol (LRP) and Meal, Cold Weather (MCW) respectively.

Blood sugar regulation Blood sugar regulation is the process by which the level of blood sugar, the common name for glucose dissolved in blood plasma, is maintained by the body. Blood sugar regulation is the process by which the level of blood sugar, the common name for glucose dissolved in blood plasma, is maintained by the body within a

narrow range

In 1981, the idea of classifying carbohydrates according to their Glycemic Index was first published. Since then, many studies have been undertaken to determine the impact of altering the blood glucose-raising potential (glycemic challenge) of the diet on a wide range of short- and long-term health outcomes. However, evaluating the impact of a single dietary change on...

Meal, Ready-to-Eat The Meal, Ready-to-Eat (MRE) is a self-contained individual United States military ration used by the United States Armed Forces and Department of Defense The Meal, Ready-to-Eat (MRE) is a self-contained individual United States military ration used by the United States Armed Forces and Department of Defense. MREs have also been distributed to civilians alongside humanitarian daily rations during natural disasters and wars. It is intended for use by American service members in combat or field conditions where other food is not available

In humans, properly maintained glucose levels are necessary for normal function in a number of tissues, including the human brain,

which consumes approximately 60% of blood glucose in fasting, sedentary individuals...
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Hypoglycemia 9 mmol/L). Whipple's triad is used to properly identify hypoglycemic episodes. hypoglycæmia (British English), sometimes called low blood sugar, is a fall in blood sugar to levels below normal, typically below 70 mg/dL (3. Symptoms typically come on quickly. 9 mmol/L). Hypoglycemia may result in headache, tiredness, clumsiness, trouble talking, confusion, fast heart rate, sweating, shakiness, nervousness, hunger, loss of consciousness, seizures, or death. It is defined as blood glucose below 70 mg/dL (3. 9 mmol/L), symptoms associated with hypoglycemia, and resolution of symptoms when blood sugar returns to normal. Symptoms can persist after blood-glucose levels are restored to normal.

Whipple's Hypoglycemia (American English), also spelled hypoglycaemia or hypoglycæmia (British English), sometimes called low blood sugar, is a fall in blood sugar to levels below normal, typically below 70 mg/dL (3 cb9ee93145

Blood glucose monitoring Skin-prick methods measure capillary blood glucose (i. The other

main option is continuous glucose monitoring (CGM). insignificant when blood sugar levels are relatively consistent. Particularly important in diabetes management, a blood glucose test is typically performed by piercing the skin (typically, via fingerstick) to draw blood, then applying the blood to a chemically active disposable 'test-strip'. e. However, blood sugar levels, when changing rapidly, may read in the normal range on a CGM Blood glucose monitoring is the use of a glucose meter for testing the concentration of glucose in the blood (glycemia). Measurements may occur after fasting or at random nonfasting intervals (random glucose tests), each of which informs diagnosis or monitoring in different ways. Different manufacturers use different technology, but most systems measure an electrical characteristic and use this to determine the glucose level in the blood. , the level found in capillary blood), whereas CGM correlates interstitial fluid glucose level to blood glucose level cb9ee93145

The alleged mechanism for the feeling of a crash is correlated with an abnormally rapid rise in blood glucose after eating. This normally leads to insulin secretion (known as an insulin spike), which in turn initiates rapid

glucose uptake by tissues, either storing it as glycogen or fat, or using it for energy production. The consequent fall in blood glucose is indicated as the reason for the "sugar crash". Another cause might be hysteresis effect of insulin action, i.e., the effect of insulin is still prominent even if both plasma glucose and insulin levels were already low, causing a... cb9ee93145 The following symptoms may be associated with acute or chronic hyperglycemia, with the first three composing the classic hyperglycemic triad: cb9ee93145 For a 70 kg (154 lb) human, approximately four grams of dissolved glucose (also called "blood glucose") is maintained in the blood plasma at all times. Glucose that is not circulating in the blood is stored in skeletal muscle and liver cells in the form of glycogen; in fasting individuals, blood glucose is maintained at a constant level by releasing just enough glucose from these glycogen stores in the liver and skeletal muscle in order to maintain homeostasis. Glucose can be transported from the intestines or liver to other tissues in the body via the bloodstream. Cellular glucose uptake is primarily regulated by insulin, a hormone produced in the pancreas. Once inside the cell, the glucose can now act as an energy source as it undergoes the

process of glycolysis. cb9ee93145
Pregestational diabetes can be classified as Type 1 or Type 2 depending on the physiological mechanism. Type 1 diabetes mellitus is an autoimmune disorder leading to destruction of insulin-producing cell in the pancreas; type 2 diabetes mellitus is associated with obesity and results from a combination of insulin resistance and insufficient insulin production. Upon becoming pregnant, the placenta produces human placental lactogen (HPL), a hormone with counter-regulatory actions leading to increased blood glucose levels. In combination with pre-existing diabetes, these maternal physiological changes... cb9ee93145
Healthcare professionals advise patients with diabetes mellitus on the appropriate monitoring regimen for their condition. Most people with type 2 diabetes test at least once per day. The Mayo Clinic generally recommends that diabetics who use insulin (all type 1 diabetics and many type 2 diabetics... cb9ee93145

Hyperglycemia Postprandial hyperglycemia (PPHG) is abnormal blood sugar elevation after eating (postprandial means after a meal). Hyperglycemia may be asymptomatic. Blood glucose levels can rise above normal

and Hyperglycemia is an unusually high amount of glucose in the blood. 9 mmol/L (125 mg/dL) after fasting for 8 hours or 10 mmol/L (180 mg/dL) 2 hours after eating. It is defined as blood glucose level exceeding 6. blood sugar elevation after eating (postprandial means after a meal)
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This tight regulation is referred to as glucose homeostasis. Insulin, which lowers blood sugar, and glucagon, which raises it, are the most well known of the hormones involved, but more recent discoveries of other glucoregulatory hormones have expanded understanding of this process. The pancreas gland secretes two hormones that are primarily responsible for regulation of glucose levels in blood. cb9ee93145
Hyperglycemia may be asymptomatic. Blood glucose levels can rise above normal and cause pathological and functional changes for significant periods without producing any permanent effects or symptoms. The degree of hyperglycemia can change over time depending on the metabolic cause, for example, impaired glucose tolerance or fasting glucose, and it can depend on treatment. cb9ee93145

Reactive hypoglycemia postprandial hypoglycemia, or sugar crash is symptomatic hypoglycemia occurring within four hours after a high-carbohydrate meal in people with and without Reactive hypoglycemia, postprandial hypoglycemia, or sugar crash is symptomatic hypoglycemia occurring within four hours after a high-carbohydrate meal in people with and without diabetes. The term is not necessarily a diagnosis since it requires an evaluation to determine the cause of the hypoglycemia cb9ee93145

When type 1 diabetes mellitus or type 2 diabetes mellitus is pre-existing, planning in advance is emphasized if one wants to become pregnant, and stringent blood glucose control is needed before getting pregnant. cb9ee93145 Tests that can be performed at home are used in blood glucose monitoring for illnesses that have already been diagnosed medically so that these illnesses can be maintained via medication and meal timing. Some... cb9ee93145

Diabetes and pregnancy infants. When For pregnant women with diabetes, some particular challenges exist for both mother and fetus. Therefore, experts advise diabetics to maintain blood sugar level close to the

normal range about 3 months before planning for pregnancy. Therefore, experts advise diabetics to maintain blood sugar level close to the normal range about 3 months before planning for pregnancy. If the pregnant woman has diabetes as a pre-existing disorder, it can cause early labor, birth defects, and larger than average infants

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Glycemic It is normal for blood glucose and insulin The glycemic response (or glycaemic response) to a food or meal is the effect that food or meal has on blood sugar (glucose) levels after consumption. This is particularly so after consumption of meals rich in certain carbohydrates. It is normal for blood glucose and insulin levels to rise after eating and then return to fasting levels over a short period of time. Glycemic management refers to the selection of foods to manage blood sugar levels. response) to a food or meal is the effect that food or meal has on blood sugar (glucose) levels after consumption

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== Mechanisms == cb9ee93145

Glucose test In healthy people, these levels quickly return to normal via increased

cellular glucose uptake Many types of glucose tests exist and they can be used to estimate blood sugar levels at a given time or, over a longer period of time, to obtain average levels or to see how fast the body is able to normalize changed glucose levels. Eating food for example leads to elevated blood sugar levels. Eating food for example leads to elevated blood sugar levels. In healthy people, these levels quickly return to normal via increased cellular glucose uptake which is primarily mediated by increase in blood insulin levels

The condition is related to homeostatic systems used by the body to control the blood sugar level. It is described as a sense of tiredness, lethargy, irritation, or hangover, although the effects can be lessened if a lot of physical activity is undertaken in the first few hours after food consumption.

== Physiology ==

== Signs and symptoms ==

== Testing methods ==

The most common cause of hypoglycemia is medications used to treat diabetes such as insulin, sulfonylureas, and biguanides. Risk is greater in people with diabetes who have eaten less than usual, recently exercised, or consumed alcohol. Other causes of hypoglycemia include severe

illness, sepsis, kidney failure, liver disease, hormone deficiency, tumors such as insulinomas or non-B cell tumors, inborn errors of metabolism, and several medications. Low... cb9ee93145

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