

Definition: Glucose

Glucose is a sugar that comes from many of the foods you eat and provides your body with energy.

Glucose is found mainly in carbohydrates.

In most people, our bodies maintain a healthy amount of glucose, however when you have diabetes the glucose can build up in the bloodstream and cause high blood glucose.

Insulin, medications and lifestyle changes can help keep your blood glucose in a healthy range.

Want to know more about glucose? Talk with your care team. They are here to help.