

everyday choices and your glucose

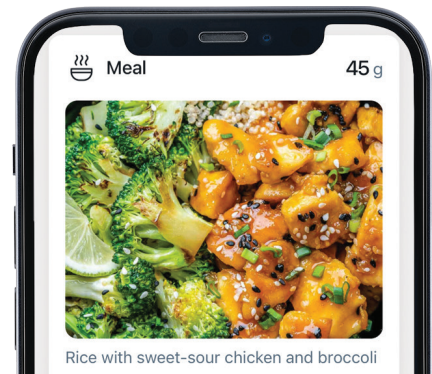
Learn how food and activity may influence your glucose. Small changes can help you learn what works for your body. Try one change at a time and notice what happens to your glucose.

This content should not be taken as medical advice. Please consult with your healthcare provider regarding your individual health needs.

In the **Dexcom G7 app**, meals and activity can be added in the **Log tab** or by tapping the **plus (+) button**.

LOWERING AFTER-MEAL GLUCOSE

Small changes to what, how much, and when you eat can help lower after-meal glucose. While glucose naturally rises after eating, carbohydrate-rich foods like sugar, rice, and pasta can cause larger spikes. Simple meal adjustments may help keep glucose levels steadier.



FOUR IDEAS TO TRY

1. PAIR CARBS

Pair carbs with protein, healthy fat, or fiber. For example, try toast with cheese vs. toast alone.

3. MAKE A SMART SWAP

Try a lower-carb or lower-sugar option, such as nuts instead of chips.

2. ADJUST THE PORTION

Choose a smaller portion of foods that raise your glucose.

4. CHANGE THE ORDER

Try eating vegetables or protein before carbs to help reduce glucose spikes.

PUT IT INTO PRACTICE

What happened: Glucose went above 180 after a pasta meal. The pasta was eaten alone with red sauce, and the sauce contained added sugar.

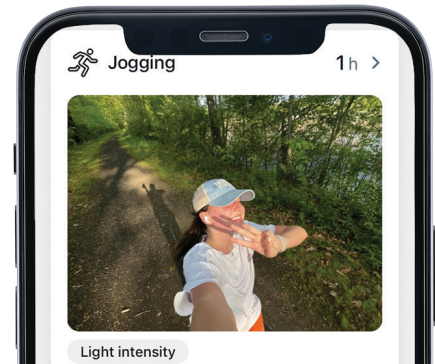


Changes to try: Add broccoli and chicken, use olive oil, parmesan, and cherry tomatoes instead of red sauce, and serve a smaller pasta portion.

What is one small change you can make at your next meal? Try it and watch how high your glucose rises and how long it stays elevated.

PHYSICAL ACTIVITY AND GLUCOSE

A little movement can help lower glucose. Activity in the morning may support steadier glucose throughout the day, and moving after a meal can help reduce glucose spikes or bring glucose down faster.



MOVEMENT CAN FIT INTO YOUR DAY

EVERYDAY MOVEMENT COUNTS

Physical activity includes more than exercise.

- Yard work or gardening
- Cleaning the house
- Walking

START WITH SMALL CHANGES

Experiment with simple options and notice what happens.

- Take a 10-minute walk after eating
- Stand during a phone call
- Use light weights at your desk

PUT IT INTO PRACTICE

After Lunch or Dinner: Try a 10-minute walk after eating.

During Work: Stand for phone calls or lift small weights at your desk.

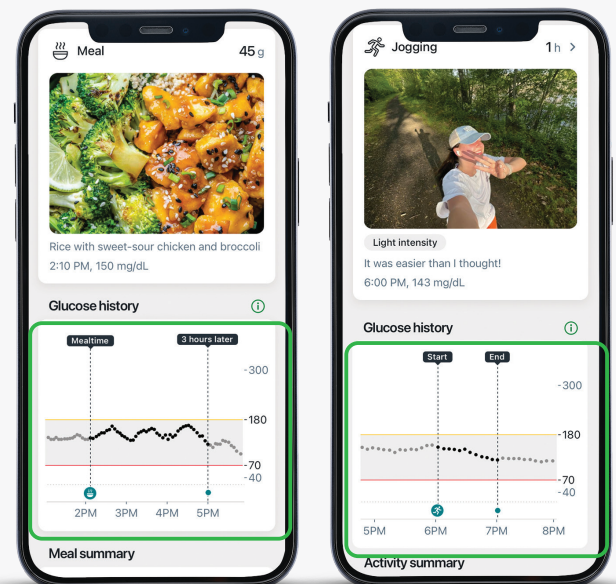
What is one small change you can make tomorrow to be more physically active? Try it and notice how your glucose responds.

VIEWING YOUR EVENT INSIGHTS

Review your logged events in the Dexcom G7 app and see the glucose impact with a before/after trend graph and time stamps to better understand the “why” behind glucose peaks and valleys. To view **click on your event** in the **Log** tab.

For example:

- **Meal:** See how your glucose changed from mealtime to 3 hours later (timing can be customized).
- **Activity:** See how your glucose responded during the activity, such as a 60-minute jog.



References

Educational concepts in this resource are informed by the following:
Cox DJ, Oser TK, et al. British Medical Journal, Online Diabetes Care and Research 2021;0:e002403.
Cox DJ, et al. Annals of Diabetes, Metabolic Disorders & Control 2018; 1(3):121.1-3
Cox DJ, et al. J Endocr Soc. 2020 Aug 18;4(11):bvaa118.

BRIEF SAFETY STATEMENT: Failure to use the Dexcom Continuous Glucose Monitoring System and its components according to the instructions for use provided with your device and available at <https://www.dexcom.com/safety-information> and to properly consider all indications, contraindications, warnings, precautions, and cautions in those instructions for use may result in you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence and/or making a treatment decision that may result in injury. If your glucose alerts and readings from the Dexcom CGM do not match symptoms, use a blood glucose meter to make diabetes treatment decisions. Seek medical advice and attention when appropriate, including for any medical emergency. Dexcom, Dexcom Clarity, Dexcom Follow, Dexcom One, Dexcom Share, Stelo, and any related logos and design marks are either registered trademarks or trademarks of Dexcom, Inc. in the United States and/or other countries. ©2026 Dexcom, Inc. All rights reserved. MAT-16936 v1.0