

Target Goals for Blood Sugar

Diabetes Education & Nutrition Clinic



Before meals: 80-130 mg/dL

1-2 hours after meals: less than 180mg/dL

A1C goal: 7% or lower

Average Blood Sugar	Hemoglobin A1c (%)
360	14
330	13
300	12
270	11
240	10
210	9
180	8
150	7
120	6
90	5

Diabetes Diagnosis Criteria

	A1c (%)	Fasting Plasma Glucose
Non-Diabetes	4 - 5.6	99 or less
Prediabetes	5.7 - 6.4	100 - 125
Diabetes	6.5	126 or greater



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