

Target Blood Glucose Levels

Type 2 Diabetes	Normal Range for People without Diabetes (mg/dL)	Ideal Range for People with Diabetes (mg/dL)	Maximum Range for People with Diabetes (mg/dL)
Before all meals	70-100	80-120	90-130
2 hours after meals	Under 140	Under 160	Under 180
Before bedtime or snacks	70-120	Under 150	Under 160
A1C Target	Under 5.7%	Under 6.5%	Under 7%

A1C Level and Average Blood Glucose Equivalents

A1C Level, Percent	Average blood glucose, mg/dL (mmol/L)
5	80 mg/dL (4.4mmol/L)
6	120 mg/dL (6.7mmol/L)
7	150 mg/dL (8.3 mmol/L)
8	180 mg/dL (10 mmol/L)
9	210 mg/dL (11.6 mmol/L)
10	240 mg/dL (13.3 mmol/L)
11	270 mg/dL (15 mmol/L)
12	300 mg/dL (16.7 mmol/L)
13	333 mg/dL (18.5 mmol/L)
14	360 mg/dL (20 mmol/L)