

BLOOD GLUCOSE GUIDELINES

Test Time	Ideal Range (ACE)*	Target Range (ADA)**	Take Action
Fasting & Before meals	Less than 110	80 – 130	Higher than 150
2 hours After start of meal	Less than 140	Less than 180	Higher than 200
Bedtime	Less than 120	110 – 150	Higher than 170
HgbA1C	Less than 6.5%	Less than 7%	Higher than 8%

Diagnosing Diabetes

Diagnosis	Fasting Glucose (No caloric intake for 8 hours)	Casual Test	OGTT	A1C
Normal	< 99 mg/dl	< 140 mg/dl	< 140 mg/dl	< 5.6%
Pre-Diabetes	100-125 mg/dl	140-199 mg/dl	140-199 mg/dl	5.7% - 6.4%
Diabetes	>126 mg/dl	>200 mg/dl with Symptoms	>200 mg/dl	> 6.5%

< Less than
>More than

A1c (%)	eAG (mg/dl)
6	126
6.5	140
7	154
7.5	169
8	183
8.5	197
9	212
9.5	226
10	240

* ACE (American College of Endocrinology) 2007

**ADA (American Diabetes Association) 2015