

Know Your Numbers

(805) 682-7638 x 214

•Checking your Blood Sugar•



1 hour

Before eating:
Less than
100 mg/dL

Eat

1 hour after eating:
Less than
150 mg/dL

What does "A1C" mean?

The "A1C" test reflects the average blood glucose (blood sugar) level over the past three months and can be used to predict your risk of diabetes complications. The goal is less than 6%.

<u>A1C</u>	<u>Average blood Sugar</u>
10	190 mg/dL
9.5	180 mg/dL
9	170 mg/dL
8.5	160 mg/dL
8	150 mg/dL
7.5	140 mg/dL
7	130 mg/dL
6.5	120 mg/dL
6	110 mg/dL
5.5	100 mg/dL
5	90 mg/dL

