



# Blood Sugar Goals

Managing diabetes is similar to learning how to do a balancing act. There are many factors that affect your blood sugar and “tip” sugars up or down-time and content of last meal, stress, illness, infection, activity level and medication. Most people find their blood sugar to be highest 1-2 hours after eating.

- The **American Diabetes Association** recommends the following blood sugar goals. Ask your health care provider if these goals are right for you.

TIME OF DAY:	DIABETES BLOOD SUGAR GOAL: (VALUE BASED ON PLASMA GLUCOSE)
<b>FASTING (BEFORE EATING FIRST MEAL)</b>	80-130 mg/dl
<b>BEFORE NEXT MEAL</b>	80-130 mg/dl
<b>1-2 HOURS AFTER THE BEGINNING OF THE MEAL</b>	< 180 mg/dl

## KNOW YOUR A1C

- The A1C test can tell you what your average blood sugar has been during the past 2-3 months. Your A1C should be tested 2-4 times a year.
- The normal range for A1C is 4-6%. The goal for many people with diabetes is **less than 7%**. 'At Risk' for diabetes range: **5.7%-6.4%**
- For every 1% decrease in A1C, you can reduce your risk of diabetes complications.

A1C (PERCENT)	AVERAGE BLOOD SUGAR (mg/dl)
<b>12</b>	298 mg/dl
<b>11</b>	269 mg/dl
<b>10</b>	240 mg/dl
<b>9</b>	212 mg/dl
<b>8</b>	183 mg/dl
<b>7</b>	154 mg/dl
<b>6</b>	126 mg/dl