

A1C to Blood Glucose Conversion Table: Use this table to see how an A1C test result correlates to average daily blood sugar. Although this is as important as the A1C is, it's not a substitute for frequent self-monitoring. Only regular blood sugar checks show you how meals, activity, medications and stress affect your blood sugar at a single moment in time, as well as over the course of a day or week.

| A1C | Glucose | A1C | Glucose | A1C | Glucose | A1C | Glucose | A1C | Glucose | A1C | Glucose |
|----------|------------|------------|------------|------------|------------|-------------|------------|-------------|------------|-----------|------------|
| 4 | 68 | 6 | 126 | 8 | 183 | 10 | 240 | 12 | 298 | 14 | 355 |
| 4.1 | 71 | 6.1 | 128 | 8.1 | 186 | 10.1 | 243 | 12.1 | 301 | >14 | YIKES! |
| 4.2 | 74 | 6.2 | 131 | 8.2 | 189 | 10.2 | 246 | 12.2 | 303 | | |
| 4.3 | 77 | 6.3 | 134 | 8.3 | 192 | 10.3 | 249 | 12.3 | 306 | | |
| 4.4 | 80 | 6.4 | 137 | 8.4 | 194 | 10.4 | 252 | 12.4 | 309 | | |
| 4.5 | 83 | 6.5 | 140 | 8.5 | 197 | 10.5 | 255 | 12.5 | 312 | | |
| 4.6 | 85 | 6.6 | 143 | 8.6 | 200 | 10.6 | 258 | 12.6 | 315 | | |
| 4.7 | 88 | 6.7 | 146 | 8.7 | 203 | 10.7 | 260 | 12.7 | 318 | | |
| 4.8 | 91 | 6.8 | 149 | 8.8 | 206 | 10.8 | 263 | 12.8 | 321 | | |
| 4.9 | 94 | 6.9 | 151 | 8.9 | 209 | 10.9 | 266 | 12.9 | 324 | | |
| 5 | 97 | 7 | 154 | 9 | 215 | 11 | 269 | 13 | 326 | | |
| 5.1 | 100 | 7.1 | 157 | 9.1 | 215 | 11.1 | 272 | 13.1 | 329 | | |
| 5.2 | 103 | 7.2 | 160 | 9.2 | 217 | 11.2 | 275 | 13.2 | 332 | | |
| 5.3 | 105 | 7.3 | 163 | 9.3 | 220 | 11.3 | 278 | 13.3 | 335 | | |
| 5.4 | 108 | 7.4 | 166 | 9.4 | 223 | 11.4 | 281 | 13.4 | 338 | | |
| 5.5 | 111 | 7.5 | 169 | 9.5 | 226 | 11.5 | 283 | 13.5 | 341 | | |
| 5.6 | 114 | 7.6 | 171 | 9.6 | 229 | 11.6 | 286 | 13.6 | 344 | | |
| 5.7 | 117 | 7.7 | 174 | 9.7 | 235 | 11.7 | 289 | 13.7 | 347 | | |
| 5.8 | 120 | 7.8 | 177 | 9.8 | 235 | 11.8 | 295 | 13.8 | 349 | | |
| 5.9 | 123 | 7.9 | 180 | 9.9 | 237 | 11.6 | 295 | 13.9 | 352 | | |

ADA Recommended target = <7% ACE Recommended target = <6.5%

FASTING/Before meals = 70-130 mg/dL

2 hours after meal = < 180 mg/dL