



Glucose Conversion Chart: International to US Units

If you use a glucose meter that provides readings in **Standard International units (mmol/L)**, print and use the chart below to convert to **US units (mg/dl)** so that you can easily follow any blood sugar balancing program recommendations (which are listed in US units in Dr. Ritamarie's programs).

mmol/L	mg/dl
0.06	1
0.28	5
0.55	10
1.0	18
1.5	27
2.0	36
2.2	40
2.5	45
2.8	50
3.0	54
3.3	60
3.9	70
4.0	72
4.4	80
4.7	85
5.0	90
5.5	100
6.0	106
6.1	110

mmol/L	mg/dl
6.7	120
7.0	126
7.2	130
7.5	135
7.8	140
8.0	145
8.3	150
8.9	160
9.0	162
9.4	170
10.0	180
10.5	190
11.0	196
11.1	200
12.0	216
12.5	225
13.9	250
14.4	260
15.0	270

mmol/L	mg/dl
16.0	288
16.6	300
17.0	306
18.0	325
19.0	342
20.0	360
20.8	375
22.2	400
23.0	414
24.0	432
25.0	450
26.4	475
27.7	500
30.0	540
33.3	600
38.8	700
40.0	720
44.4	800
50.0	900