

Interpreting Blood Glucose Levels

NOTE: Opinions on ideal blood glucose levels will vary.

Herein will be provided details for interpreting one's blood sugar levels.

There are two different sets of units used to measure blood sugar:

1.) mmol/L:

Millimoles per liter. This is the International Standard unit for measuring the concentration of glucose in the blood, and is the unit used in the United Kingdom.

Normal non-fasting readings are considered to be: between 4 and 7.8 mmol/L.

Normal fasting readings are considered to be: between 4 and 5.6 mmol/L.

2.) mg/dL:

Milligrams per 100 milliliters. This is the unit utilized in the United States and continental Europe, for measuring the concentration of glucose in the blood.

Normal non-fasting readings are considered to be: between 72 and 140 mg/dL.

Normal fasting readings are considered to be: between 72 and 101 mg/dL.

Range Reference Chart by Type

TARGET LEVELS BY TYPE	BEFORE MEALS		2 HOURS AFTER MEALS	
	mmol/L	Mg/dL	mmol/L	Mg/dL
Non-diabetic	4.0 to 5.9	72 to 106	<7.8	<140
Type 2 diabetes	4 to 7	72 to 126	<8.5	<153
Type 1 diabetes	4 to 7	72 to 126	<9	<162
Children w/ type 1 diabetes	4 to 8	72 to 144	<10	<180

< means less than.

Example: <140 = less than 140.

Fasting blood sugar is when a person has not eaten for at least 8 hours prior to the test.