

## Target Blood Glucose Ranges



	Goals for Individuals Diabetes	Pre-Diabetes	Normal
<b>Pre-meal or Fasting Blood Sugar</b>	<b>70 to 130</b>	<b>100 – 125</b>	<b>70 - 99</b>
<b>2 hours after meal</b>	<b>Under 180</b>	<b>140 – 200</b>	<b>under 140</b>
<b>Bedtime Glucose</b>	<b>100 to 140</b>		
<b>A1C</b>	<b>Under 7 %</b>	<b>5.7-6.4%</b>	<b>Under 6.0</b>

Note: For those desiring tighter diabetes management control, the American College of Endocrinology (ACE) recommends Fasting Blood Sugar of less than 110, 2 hour post meal of under 140, and an A1c of less than 6.5.

## Goals for Individuals with Diabetes

<b>Blood Pressure.....</b>	<b>Under 140/80</b>
<b>Lipids</b>	
<b>Cholesterol.....</b>	<b>Under 200</b>
<b>LDL.....</b>	<b>Under 100</b>
<b>Under 70 if you also have heart disease</b>	
<b>HDL.....</b>	<b>Over 40 – Men</b>
<b>HDL.....</b>	<b>Over 50 – Women</b>
<b>Triglycerides.....</b>	<b>Under 150</b>

