

**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
<b>4</b>	<b>68</b>	<b>6</b>	<b>126</b>	<b>8</b>	<b>183</b>	<b>10</b>	<b>240</b>	<b>12</b>	<b>298</b>	<b>14</b>	<b>355</b>
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	<b>83</b>	<b>6.5</b>	<b>140</b>	<b>8.5</b>	<b>197</b>	<b>10.5</b>	<b>255</b>	<b>12.5</b>	<b>312</b>		
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		
<b>5</b>	<b>97</b>	<b>7</b>	<b>154</b>	<b>9</b>	<b>215</b>	<b>11</b>	<b>269</b>	<b>13</b>	<b>326</b>		
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	<b>111</b>	<b>7.5</b>	<b>169</b>	<b>9.5</b>	<b>226</b>	<b>11.5</b>	<b>283</b>	<b>13.5</b>	<b>341</b>		
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 = 80-130 mg/dL

2 hours after meal = < 180 mg/dL