

# Recommended Targets for Control of Blood Glucose



	<b>A1C (%)</b>	<b>Before Meals (mmol/L)</b>	<b>2 Hours After a Meal (mmol/L)</b>
<b>Target for Most People With Diabetes</b>	<b>7.0 or less</b>	<b>4.0 – 7.0</b>	<b>5.0 – 10.0</b> <hr/> <b>5.0 – 8.0</b> (If A1C > 7.0%)
<b>Normal Range</b>	6.0 or less	4.0 – 6.0	5.0 – 8.0