



BLOOD SUGAR LEVELS AND TARGET NUMBERS

Pre-Diabetes	100-125 mg/dl
Diagnosis of Diabetes	126 mg/dl or above fasting on two separate tests <i>or</i> 200 mg/dl or above on random test with the presence of symptoms of diabetes

Target Levels*

Fasting	90-130 mg/dl
2 hrs. after the first bite of a meal	Below 180 mg/dl
At bedtime	100-140 mg/dl
Hypoglycemia (low blood sugar)	Below 70 mg/dl
Hyperglycemia (high blood sugar)	Above 180 mg/dl

**Based on the American Diabetes Association's Clinical Practice Recommendations 2006. Your diabetes team may individualize these target numbers.*