

A1C to Blood Sugar Chart

Hb-A1C	4.0	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9
mg/dl	65	69	72	76	79	83	86	90	93	97
mmol/l	3.6	3.8	4.0	4.2	4.4	4.6	4.8	5.0	5.2	5.4
Hb-A1C	5.0	5.1	5.2	5.3	5.4	5.5	5.6	5.7	5.8	5.9
mg/dl	101	104	108	111	115	118	122	126	129	133
mmol/l	5.6	5.8	6.0	6.2	6.4	6.6	6.8	7.0	7.2	7.4
Hb-A1C	6.0	6.1	6.2	6.3	6.4	6.5	6.6	6.7	6.8	6.9
mg/dl	136	140	143	147	151	154	158	161	165	168
mmol/l	7.6	7.8	8.0	8.2	8.4	8.6	8.8	9.0	9.2	9.4
Hb-A1C	7.0	7.1	7.2	7.3	7.4	7.5	7.6	7.7	7.8	7.9
mg/dl	172	176	180	183	186	190	193	197	200	204
mmol/l	9.6	9.8	10.0	10.2	10.4	10.6	10.8	11.0	11.2	11.4
Hb-A1C	8.0	8.5	9.0	9.5	10.0	11.0	12.0	13.0	14.0	15.0
mg/dl	207	225	243	261	279	314	350	386	421	457
mmol/l	11.6	12.6	13.5	14.5	15.5	17.5	19.5	21.5	23.4	25.4

Optimal

Sub-optimal

Normal

Pre-diabetes

Diabetes

Harmful

-----Dangerous-----