

A1C Conversion Table

A1C	GLUCOSE	A1C	GLUCOSE	A1C	GLUCOSE	A1C	GLUCOSE	A1C	GLUCOSE	A1C	GLUCOSE
4	68	6	126	8	185	10	240	12	298	14	355
4.1	71	6.1	128	6.1	185	10.1	241	12.1	301	>14	>355
4.2	74	6.2	131	6.2	189	10.2	246	12.2	303		
4.3	77	6.3	134	6.3	192	10.3	249	12.3	306		
4.4	80	6.4	137	6.4	194	10.4	252	12.4	309		
4.5	84	6.5	140	6.5	197	10.5	255	12.5	312		
4.6	85	6.6	143	6.6	200	10.6	258	12.6	315		
4.7	88	6.7	146	6.7	203	10.7	260	12.7	318		
4.8	90	6.8	149	6.8	206	10.8	263	12.8	321		
4.9	94	6.9	151	6.9	209	10.9	266	12.9	324		
5	97	7	154	9	212	11	269	13	328		
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	111	7.5	169	9.5	226	11.5	283	13.5	341		
5.6	114	7.6	171	9.6	229	11.6	286	13.6	344		
5.7	117	7.7	174	9.7	232	11.7	289	13.7	347		
5.8	120	7.8	177	9.8	235	11.8	292	13.8	349		
5.9	123	7.9	180	9.9	237	11.9	295	13.9	352		

Based on the formula:

Mean glucose for the previous 2 months = 28.7 x HbA1C - 46.7

ACE Recommended target* <6.5%

ADA Recommended target* <7%

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reference: 2008 (Diabetes Care 31: 1413-1418)

TARGET BLOOD SUGAR

Before meals = _____

2 hours after meals = _____