

# Blood Sugar Level Chart

From Lark

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Time of Check	Goal glucose ranges for people without diabetes	Goal glucose ranges for people with diabetes
Before breakfast (fasting)	<100	70-130
Before lunch, supper and snack	<110	70-130
Two hours after a meal	<140	<180
Bedtime	<120	90-150
A1c level	<5.5%	<7%

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Information obtained from Joslin Diabetes Center's Guidelines for Pharmacological Management of Type 2 Diabetes.