



[Printable Blood Sugar Chart](#)

mg/dl	fasting min	fasting max	2hrs post meal
Normal	70	99	140
Prediabetes	100	125	140-199
T2 Diabetes	>126		>200
mmol/l	fasting min	fasting max	2hrs post meal
Normal	4	6	<7.8
Prediabetes	6.1	6.9	7.8 - 11
T2 Diabetes	>7		>11.1

These are considered within the range of “normal”:

- Less than 140 mg/dl if you do not have diabetes.
- Less than 180 mg/dl if you have diabetes.

Diabetes Blood Sugar Level Goals

Upon waking before breakfast (Fasting)

- 70-130 (Ideal under 110) mg/dl
- 4-7.2 (Ideal under Idle 6.1) mmol/l

Two hours after meals

- Under 180 (Ideal is under 140) mg/dl
- Under 10 (Ideal is under 7.8) mmol/l

Bedtime

- 90-150 mg/dl
- 5-8.3 mmol/l