

Blood Sugar Management Goals

It is recommend that you manage diabetes diligently. Following the blood sugar management goal ranges below is a key step.



Time of Check	Goal Ranges/Averages with Diabetes*
Before Breakfast (fasting)	80 - 130
Before Lunch and Dinner	70 - 130
Two hours after meals	< 180
Bedtime	90 - 150
A1c (also called glycosylated hemoglobin A1c, HbA1c or glycohemoglobin A1c)	< 7%

* American Diabetes Association Guidelines