

Non-Fasting Blood Sugar Level Chart

Non-Fasting Blood Sugar Level	mmol/L	mg/dL
Normal (2 hours after meal)	< 7.8	< 140
Normal (random)	< 11.1	< 200
Prediabetes (2 hours after meal)	7.8-11.1	140-199
Prediabetes (random)	11.1-16.7	200-299
Diabetes (2 hours after meal)	≥ 11.1	≥ 200
Diabetes (random)	≥ 16.7	≥ 299

Table Interpretation:

Blood sugar levels vary with health status. Non-diabetics generally have levels below 7.8 mmol/L (140 mg/dL) after a meal and 11.1 mmol/L (200 mg/dL) at any time, showing effective regulation.

Prediabetics have levels of 7.8-11.1 mmol/L (140-199 mg/dL) after a meal and 11.1-16.7 mmol/L (200-299 mg/dL) at any time, indicating a risk of type 2 diabetes.

Diabetics experience consistently high levels above 11.1 mmol/L (200 mg/dL) after a meal and 16.7 mmol/L (299 mg/dL) at any time, requiring diabetes management due to insulin-related issues affecting energy use.

Patient Name:

Age:

Date Tested:

Method of Test:

Results:

Reference Range:

Interpretation:

Clinical Insights:

Dietary Recommendations:

Progress Tracking:

Date: _____

Progress:

Date: _____

Progress:

Date: _____

Progress:

Date: _____

Progress:

Notes and Recommendations: