

Normal Blood Sugar Levels Chart

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|---|-------------------------------|-----------------------------------|-------------------|
| Name | | Date | |
| Age | Gender | Weight | Height |
| <p>A Normal Blood Sugar Levels Chart provides a range of blood glucose levels that are considered healthy for individuals without diabetes.</p> | | | |
| | Fasting | 1 to 2 hours after meals | A1C levels |
| Normal | 70–99 mg/dl (3.9–5.5 mmol/L) | Less than 140 mg/dl (7.8 mmol/L) | Less than 5.7% |
| Recommended levels for a diabetic | 80–130 mg/dl (4.4–7.2 mmol/L) | Less than 180 mg/dl (10.0 mmol/L) | Less than 7.0% |
| Additional notes | | | |