

Normal Blood Sugar Levels Chart

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			