

**Table 1 Blood Sugar Levels Chart**

Blood Sugar Levels	Fasting Values	Post Meal Value: 2 hrs after the Meal
Normal	70 - 100 mg/dL	Less than 140 mg/dL
Early Diabetes	101 - 126 mg/dL	140 - 200 mg/dL
Diabetes	More than 126 mg/dL	More than 200 mg/dL

**Table 2 Normal sugar levels chart during various times of the day**

Time	Blood Sugar Level (mg/dl)
After Waking Up	80 - 120
Just Before Meals	80 - 120
About 2 Hours After Meals	< 160
Before Sleeping	100 - 140

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**Table 3 Low Blood Sugar Levels Chart**

Category	Blood Sugar Level
Normal	80 - 120 mg/dl
Borderline Hypoglycemia	70 mg/dl
Fasting Hypoglycemia	50 mg/dl
Insulin Shock	Less than 50 mg/dl

**Table 4 High Blood Sugar Levels Chart**

Category	Minimum Level	Maximum Level
Pre-diabetes Fasting Blood Sugar Level	100 mg	126 mg
Pre-diabetes Blood Sugar Level after Meal	140 mg	199 mg
Diabetes Blood Sugar Level - Fasting	126 mg	More than 126 mg
Diabetes Blood Sugar Level After Meal	200 mg	More than 200 mg