

Blood Sugar Levels Chart

mg/dl Fasting 2 hrs post meal

Min Max

Normal 70 100 <140

Pre-diabetes 101 125 140-200

Diabetes >126 >200

mmol/l Fasting 2 hrs post meal

Min Max

Normal 4 6 <7.8

Pre-diabetes 6.1 6.9 7.8-11.1

Diabetes >7 >11.1



Diabetes
MEAL PLANS

Making Your Time In The Kitchen
Easy & Enjoyable!
www.diabetesmealplans.com