

Blood sugar chart and indicators

Blood Sugar Levels	Indication
Less than 70 mg/dL (3.9 mmol/L)	Low fasting blood sugar
70 to 108 mg/dL (3.9 to 6 mmol/L)	Normal fasting blood sugar for adults
110 to 125 mg/dL (6.1 to 6.9 mmol/L)	Impaired fasting glucose (pre-diabetes)
126 mg/dL (7.0 mmol/L) and above in more than one test result	Diabetes
about 70 to 140 mg/dL (3.9 to 7.8 mmol/L)	Normal postprandial blood sugar
about 142 to 199 mg/dL (7.9 to 10.9 mmol/L)	Borderline postprandial blood sugar. May indicate pre-diabetes.
Less than 70 mg/dL (3.9 mmol/L)	Hypoglycemia (Initial Stage)
50 mg/dL (2.8 mmol/L)	Hypoglycemia (Fasting)
less than 50 mg/dL (2.8 mmol/L)	Insulin Shock
145 – 200 mg/dL (8 – 11 mmol/L) Post meal	Value suggesting early diabetes
More than 200 mg/dL (11 mmol/L) Post meal	Value suggesting established diabetes