

Blood Sugar / Hb A1c Conversion Chart

Average Blood Sugar (mg/dl)	Level of Control	Hemoglobin A1c (%)
380	POOR	14%
340		13%
310		12%
280		11%
240		10%
210		9%
180		8%
140	GOOD	7%
110	EXCELENT	6%
80		5%

HbA 1c = (mean blood glucose + 86) : 33.3