

## Target Blood Sugar Levels for Diabetes

### Age 6-12

Fasting 80 - 180

Before Meal 90 - 180

Before Exercise **at least 150**  
(depends on intensity and duration)

Bedtime 100 - 180

Amounts shown above mg/dL

A1c **less than or around 8.0%**

### Age 13-19

Fasting 70 - 150

Before Meal 90 - 130

Before Exercise **at least 150**  
(depends on intensity and duration)

Bedtime 90 - 150

A1c **less than or around 7.5%**



**These are general medical guidelines. Please follow your doctor's instructions.**