

BLOOD SUGAR LEVEL CHART

Normal & Diagnostic Ranges

mg/dl	fasting		2 hours post meal
	Min	Max	
Normal	70	99	<140
Prediabetes	100	125	140 - 199
T2 Diabetes	>126		>200

mmol/L	fasting		2 hours post meal
	Min	Max	
Normal	4	6	<7.8
Prediabetes	6.1	6.9	7.8 - 11
T2 Diabetes	>7		>11.1