

# A1C Conversion Table

A1C	GLUCOSE	A1C	GLUCOSE	A1C	GLUCOSE	A1C	GLUCOSE	A1C	GLUCOSE	A1C	GLUCOSE
<b>4</b>	<b>68</b>	<b>6</b>	<b>126</b>	<b>8</b>	<b>183</b>	<b>10</b>	<b>240</b>	<b>12</b>	<b>298</b>	<b>14</b>	<b>355</b>
4.1	71	6.1	128	8.1	186	10.1	243	12.1	301	>14	YIKES !!
4.2	74	6.2	131	8.2	189	10.2	246	12.2	303		
4.3	77	6.3	134	8.3	192	10.3	249	12.3	306		
4.4	80	6.4	137	8.4	194	10.4	252	12.4	309		
<b>4.5</b>	<b>83</b>	<b>6.5</b>	<b>140</b>	<b>8.5</b>	<b>197</b>	<b>10.5</b>	<b>255</b>	<b>12.5</b>	<b>312</b>		
4.6	85	6.6	143	8.6	200	10.6	258	12.6	315		
4.7	88	6.7	146	8.7	203	10.7	260	12.7	318		
4.8	91	6.8	149	8.8	206	10.8	263	12.8	321		
4.9	94	6.9	151	8.9	209	10.9	266	12.9	324		
<b>5</b>	<b>97</b>	<b>7</b>	<b>154</b>	<b>9</b>	<b>212</b>	<b>11</b>	<b>269</b>	<b>13</b>	<b>326</b>		
5.1	100	7.1	157	9.1	215	11.1	272	13.1	329		
5.2	103	7.2	160	9.2	217	11.2	275	13.2	332		
5.3	105	7.3	163	9.3	220	11.3	278	13.3	335		
5.4	108	7.4	166	9.4	223	11.4	281	13.4	338		
<b>5.5</b>	<b>111</b>	<b>7.5</b>	<b>169</b>	<b>9.5</b>	<b>226</b>	<b>11.5</b>	<b>283</b>	<b>13.5</b>	<b>341</b>		
5.6	114	7.6	171	9.6	229	11.6	286	13.6	344		
5.7	117	7.7	174	9.7	232	11.7	289	13.7	347		
5.8	120	7.8	177	9.8	235	11.8	292	13.8	349		
5.9	123	7.9	180	9.9	237	11.9	295	13.9	352		

TARGET BLOOD SUGAR

Based on the formula:

Mean glucose for the previous 2 months =  $28.7 \times \text{HbA1C} - 46.7$

Before meals = \_\_\_\_\_

**ACE Recommended target= <6.5%**

**ADA Recommended target= <7%**

2 hours after meal= \_\_\_\_\_

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reference: 2008 (Diabetes Care 31: 1473-1478)