

## **Blood Sugar Recommendations:**

Normalizing blood sugar is the main goal. Strive to get blood sugar close to that of a healthy person who does not have diabetes.

The goal of blood sugar depends on when you are testing - before a meal (pre-prandial), after a meal (post-prandial), prior to going to bed. Each organization below provides guidelines for a variety of blood sugar testing times.

The American Diabetes Association acknowledges these as normal blood sugar for healthy people who do not have diabetes:

- fasting/before eating < 100 mg/dl
- bedtime 120 mg/dl
- A1c blood sugar test (3 month blood sugar indicator) <6%

The American Diabetes Association recommends the following blood sugar goals for those with diabetes:

- before eating (pre-prandial plasma glucose) 90-130 mg/dl
- 1-2 hours after the beginning of eating (peak post-prandial plasma glucose) <180 mg/dl
- A1c blood sugar test (3 month blood sugar indicator) <7%

The American Association of Clinical Endocrinologists (endocrinologists are medical doctors specializing in disorders including diabetes) recommends the following blood sugar goals for those with diabetes:

- before eating (pre-prandial) 110 mg/dl
- 2 hours after eating (post-prandial) 140 mg/dl
- A1c blood sugar test (3 month blood sugar indicator) <6.5%

Each person may have different goals for treating their diabetes. It is important to discuss blood sugar control goals with your diabetes educator or doctor so you know what to personally try to achieve.