

Blood Sugar Goals

If your blood sugars aren't usually in goal range, contact your provider or diabetes educator. You may need changes in your medication, diet or exercise plan.

	Goals
Fasting	80 – 120 mg/dl
Before Meals	70 – 130 mg/dl
2 Hours After Meals	<i>Less than 160 mg/dl</i>
Bedtime	100 – 140 mg/dl
Hemoglobin A1C	<p><i>Less than 6.5%</i></p> <p>The A1C goal is set with your provider and may change depending on your age and medications.</p>

If your blood sugar is less than 100 at bedtime, eat a 15 gram carbohydrate snack. Examples of a 15 gram carbohydrate snack include:

- 1 slice of bread or toast
- ½ English muffin
- 3 graham cracker squares
- 1 medium piece of fresh fruit
- 1 cup of berries
- 1 small banana or 1/2 large banana
- 1 cup milk
- 1 cup plain or artificially sweetened yogurt
- ½ cup sugar-free pudding
- ½ cup fruit juice
- ½ cup frozen yogurt
- 15 mini pretzel twists
- 3 cups popcorn

