

Blood Glucose Goal Numbers for People with Diabetes



For All of L.A.

Talk to your doctor about your goals.

Test	Target for People with Diabetes
 Fasting blood glucose or before meals	80 to 130 mg/dL (best if under 110)
 Two hours after meals	90 to 180 mg/dL (best if under 150)
 Blood glucose at bedtime	130 -150 mg/dL
 Hemoglobin (A1C)	Less than 7.0% Less than 8% for older adults

Testing in Pairs

You can check your blood glucose before a meal and 1-2 hours after that same meal. Your blood glucose should not rise more than 50 points.

Example:



You will eat lunch at **noon**.
 You test your blood glucose before eating.
 It is **100 mg/dl**.



At **2:00 pm**, you test your blood glucose again.
 It should be no more than 50 points higher. It should be **150 mg/dl or lower**.



Goal 2 Hours after a meal:
 Less than 180 mg/dL

To request information in your language or in another format, call L.A. Care:

CMC members: **1.888.522.1298 (TTY 711)**
 LACC/D members: **1.855.270.2327 (TTY 711)**

MCLA members: **1.888.839.9909 (TTY 711)**
 PASC-SEIU members: **1.844.854.7272 (TTY 711)**