

# MORNING BLOOD SUGAR LEVEL CHART

Blood Glucose Level		Interpretation			
		Excellent	Good	Acceptable	Poor
Before Meal	mmol/L	4.0 - 6.0	6.1 - 8.0	8.1 - 10.0	> 10
	mg/dl	72 - 109	110 - 144	145 - 180	> 180
2 Hours After Meal	mmol/L	5.0 - 7.0	7.1 - 10.0	10.1 - 13.0	> 13
	mg/dl	90 - 126	127 - 180	181 - 234	> 235

# Sugar In The Morning

**J Ma**



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