Blood Sugar Levels in Adults Age 50+

Level	0-2 hours after meal	2-4 hours after meal	4-8 hours after meal
Dangerously high	300+	200+	180+
High	140 - 220	130 - 220	120 - 180
Normal	90 - 140	90 - 130	80 - 120
Low	80 - 90	70 - 90	60 - 80
Dangerously low	0 - 80	0 - 70	0 - 60

Sugar In The Blood 3xcd

Martin Charles Strong

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