

Blood Sugar Levels Chart

Diagnostic reference ranges and general treatment targets for nonpregnant adults, as described by the American Diabetes Association (ADA) and NIDDK.

DIAGNOSTIC REFERENCE RANGES (SCREENING)

Measure	Normal	Prediabetes	Diabetes
Fasting plasma glucose	Below 100 mg/dL	100–125 mg/dL	126 mg/dL or higher
Two-hour OGTT (post-glucose-load)	Below 140 mg/dL	140–199 mg/dL	200 mg/dL or higher
A1c	Below 5.7%	5.7%–6.4%	6.5% or higher

Diagnostic thresholds do not change with age. A single result in the diabetes column is not, by itself, a diagnosis — the ADA generally calls for clinician-arranged confirmation.

ADA GENERAL TREATMENT TARGETS — MANY NONPREGNANT ADULTS WITH DIABETES

Target	ADA general reference
Fasting / pre-meal glucose	80–130 mg/dL
Post-meal glucose (1–2 hours after eating)	Less than 180 mg/dL

Treatment targets are individualized by the care team based on age, other conditions, and hypoglycemia risk — these general references are not personal instructions.

HOW EACH READING IS TAKEN

- **Fasting** — After at least 8 hours without calories — typically an overnight fast before a morning draw.
- **Post-meal / OGTT** — Checked 1–2 hours after starting to eat; the OGTT measures glucose 2 hours after a standardized glucose drink.
- **A1c** — No fasting needed — reflects average glucose over roughly the past 2–3 months.
- **Random** — Taken any time without regard to meals; less useful alone, but a very high value with symptoms prompts further testing.

Remember: glucose varies with food, activity, stress, illness, sleep, and time of day. Trends across several readings under known conditions beat any single check.

Sources: American Diabetes Association diagnostic criteria (diabetes.org) and NIDDK patient education (niddk.nih.gov).

Educational reference only — not medical advice and not a diagnosis. A chart shows where a number lands; a clinician tells you what it means for you. Diagnosis requires clinician-confirmed testing.

Full guide: <https://vynleads.com/learn/metabolic-health/normal-blood-sugar-levels-chart>

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