

# Manage Your Diabetes!

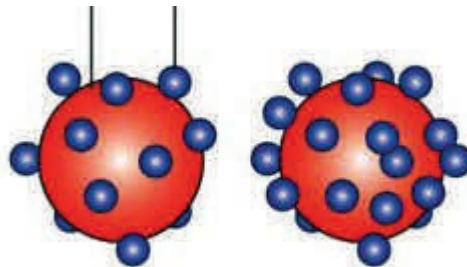
Daily Blood Glucose Goals	
Before Meals	80—130
2 hours after meals	Less than 180



Your daily blood glucose goals will help you reach your A1C goal at your next doctor's appointment.

A1C Goal
Less than 7%

Red blood cell    Sugar



Low A1C

High A1C



[www.institute.org](http://www.institute.org)

An A1C of \_\_\_\_\_% means your average blood glucose is \_\_\_\_\_

<b>A1C</b>	<b>Glucose</b>
6.0%	120
7.0%	150
8.0%	180
9.0%	210
10.0%	240
11.0%	270
12.0%	300
13.0%	330
14.0%	360

**Is your A1C higher than you expected?**



Your A1C shows your average blood glucose from all 24 hours of the day over the last 3 months. This average might be higher than the numbers on your meter at the times you are testing.

