

# How To Interpret Blood Sugar Readings

## Cheat Sheet

### Diagnostic Criteria

	A1c	Fasting BG (mg/dL)	2hr After Start of Meal
Type 2 Diabetes	≥ 6.5%	≥ 126	≥ 200
Prediabetes	5.7 - 6.4%	100-125	140-199
Normal	< 5.7%	< 99	< 140

- US Glucometers measure in mg/dL.
- The time you measure with regard to meals is important.
- Fasting = no food or drinks that contain calories in last 8 hrs or more.

### Your goals vs Your doc's goals

It's important to know your goals.

Most doctors want your A1c to be 7% or lower. This corresponds to fastings < 130 and 2hr after meal readings < 180 for an avg around 154.

If you are desiring **normal blood sugars**, your A1c will need to be < 5.7% or averaging around 114. Fasting readings will need to be consistently < 100 and 2hr after meal readings need to be < 140.

A1c %	eAG	eAG = estimated average glucose	Each A1c % point represents about 29 mg/dL in blood sugar.
5.0	97		
5.5	111		
6.0	125		
6.5	140		
7.0	154		
7.5	169		
8.0	183		
8.5	197		
9.0	212		
9.5	226		
10.0	240		
11.0	269		
12.0	298		
13.0	326		

### Eat To Your Meter Method

Your body is your best source of information. You can test any food or drink to determine if the food and portion agree with your body by using this method.

1. Test blood sugar before eating/drinking test food
2. Test blood sugar 1 hour after
3. Test blood sugar 2 hours after
4. After identifying the peak, aim to eliminate foods or reduce portions that produce more than a 20-30 point rise in blood sugar.

#### Things That ↑ Blood Sugar

Food and drink, especially carbohydrates  
High intensity exercise  
Infection (even mild colds)  
Pain or other physical stress (sleep deprivation)  
Emotional stress  
Medications (steroids, certain antibiotics, etc)  
Smoking  
Artificial sweeteners (in some people)  
Caffeine (in some people)  
Fasting

#### Things That ↓ Blood Sugar

Low to moderate intensity exercise  
Diabetes medications  
Apple cider vinegar  
Supplements (cinnamon, berberine, etc)  
Drinking water  
Excessive alcohol consumption



**SARAH TOWNLEY**  
THE TYPE 2 DIABETES COACH

### Dawn Effect

Finding your blood sugar readings are highest in the morning?

That's totally normal. This is a natural response to hormones released in early morning hours that wake you up and get you revved up for the day.

You can read more at:

[www.sarahtownley.com/why-your-blood-sugar-is-high-in-the-morning/](http://www.sarahtownley.com/why-your-blood-sugar-is-high-in-the-morning/)