HOORVIA ? SUGAR

Quick Reference Cheat Sheet · US Letter & A4 Printable

Kitchen & Cooking · Sheet #056

Diagnostic Metric	Normal Fasting Range	Prediabetes Range	Diabetes Threshold	Testing Conditions
Fasting Plasma Glucose (FPG)	70 ? 99 mg/dL (3.9?5.5 mmol/L)	100 ? 125 mg/dL (5.6?6.9 mmol/L)	126 mg/dL or higher (?7.0 mmol/L)	No caloric intake for at least 8 hours
Oral Glucose Tolerance (OGTT)	Under 140 mg/dL (<7.8 mmol/L)	140 ? 199 mg/dL (7.8?11.0 mmol/L)	200 mg/dL or higher (?11.1 mmol/L)	Measured 2 hours after 75g oral glucose load
Hemoglobin A1C (Glycated)	Below 5.7%	5.7% to 6.4%	6.5% or higher (?48 mmol/mol)	Reflects average blood sugar over preceding 2?3 months
Postprandial (2-hr after meal)	Under 140 mg/dL	140 ? 180 mg/dL (Diabetic target)	Over 180 mg/dL	Peak absorption window post-meal