

## Blood Glucose Values

### Fasting blood glucose

Less than or equal to 110 milligrams per deciliter (mg/dL) (6.1 millimoles per liter, or mmol/L).

### Two hours after eating (postprandial)

Less than 140 mg/dL (7.8 mmol/L) for people age 50 and younger; less than 150 mg/dL (8.3 mmol/L) for people ages 50-60; less than 160 mg/dL (8.9 mmol/L) for people age 60 and older.

### Random (casual)

Levels vary depending on when and how much you ate at your last meal. In general: 80-120 mg/dL (4.4-6.6 mmol/L) before meals or when waking up; 100-140 mg/dL (5.5-7.7 mmol/L) at bedtime.

For current information on oral and systemic health, see our Provider Toolkit at [nedelta.com](https://nedelta.com)