A1C to mg/dl Conversion Chart

Convert your A1C percentages to more tangible blood sugar results with this easy chart.

If your A1C is this:	Your average mean daily plasma blood sugar is around this:	
%	**mg/dl**	**mmol/l**
12.0%	345	19.5
11.0%	310	17.5
10.0%	275	15.5
9.0%	240	13.5
8.0%	205	11.5
7.0%	170	9.5
6.0%	135	7.5
5.0%	100	5.5
4.0%	65	3.5

The diagnosis of diabetes is with an A1c of 6.5%, prediabetes is diagnosed with an A1c of 5.5% to 6.4%

Provided by www.diabetesincontrol.com