Prescriptions for Fruits and Vegetables (PRx)
Know Your Numbers!

Know Your Numbers…

In order to control your diabetes, it is important to **know your blood sugar numbers and your target goals**. High blood sugar (glucose) silently damages blood vessels and can cause serious health problems. By keeping your numbers close to your target, you can prevent complications and live a healthier & longer life!

Two ways to track your blood glucose:

A1C
- This test measures your average blood sugar for the past 2-3 months.
- Your doctor will order this blood test every 3- 6 months.
- The higher the amount of glucose in your blood, the higher your A1C will be.
- For most people with Diabetes, a good target A1C goal is 7%

A1C	
6% or less	Normal
7% or less	Goal for Diabetes
8% or more	Blood sugar is not controlled

Self-Glucose Monitoring (Self Blood Test)
- You do this test yourself using a drop of blood and a meter.
- This measures the blood glucose level at the time you check it.
- This can help you understand how food, exercise and activity affect your blood sugar.
- Good times to self-test are before meals, 2 hours after meals, at bedtime, and if you don't feel well.
- Your doctor can help you determine when to test.

Test Time	Target goals for people with Diabetes
Before Meals	80-120
2 hours after a meal	Less than 180
Bedtime	110-150

A1C Conversion Table

A1C	Glucose	A1C	Glucose	A1C	Glucose	A1C	Glucose	A1C	Glucose
4	68	5	97	6	126	7	154	8	183
4.1	71	5.1	100	6.1	128	7.1	157	8.1	186
4.2	74	5.2	103	6.2	131	7.2	160	8.2	189
4.3	77	5.3	105	6.3	134	7.3	163	8.3	192
4.4	80	5.4	108	6.4	137	7.4	166	8.4	194
4.5	83	5.5	111	6.5	140	7.5	169	8.5	197
4.6	85	5.6	114	6.6	143	7.6	171	8.6	200
4.7	88	5.7	117	6.7	146	7.7	174	8.7	203
4.8	91	5.8	120	6.8	149	7.8	177	8.8	206
4.9	94	5.9	123	6.9	151	7.9	180	8.9	209

A1C	Glucose	A1C	Glucose	A1C	Glucose	A1C	Glucose	A1C	Glucose
9	212	10	240	11	269	12	298	13	326
9.1	215	10.1	243	11.1	272	12.1	301	13.1	329
9.2	217	10.2	246	11.2	275	12.2	303	13.2	332
9.3	220	10.3	249	11.3	278	12.3	306	13.3	335
9.4	223	10.4	252	11.4	281	12.4	309	13.4	338
9.5	226	105	255	11.5	283	12.5	312	13.5	341
9.6	229	10.6	258	11.6	286	12.6	315	13.6	344
9.7	232	10.7	260	11.7	289	12.7	318	13.7	347
9.8	235	10.8	263	11.8	292	12.8	321	13.8	349
9.9	237	10.9	266	11.9	295	12.9	324	13.9	352

ADA recommended target = less than 7%

What is your A1C number? _____
What is your average glucose from the chart above? _____