

## Elderly Blood Sugar Levels Chart

Timing	Normal Range	Pre-Diabetes Range	Diabetes Range
Fasting (before breakfast)	90 – 130 mg/dL	100 – 125 mg/dL	126 mg/dL or higher
Before Meals (Preprandial)	90 – 130 mg/dL	100 – 125 mg/dL	126 mg/dL or higher
2 Hours After Meals (Postprandial)	Less than 180 mg/dL	140 – 199 mg/dL	200 mg/dL or higher
Bedtime	100 – 140 mg/dL	120 – 160 mg/dL	Above 180 mg/dL
A1C (3-month average)	Below 7.0% (some seniors may aim for 7.5–8%)	5.7% – 6.4%	6.5% or higher

### Tips for Seniors:

- Blood sugar targets may vary based on overall health, other medical conditions, and doctor's advice.
- Seniors with heart conditions or frailty may have slightly higher recommended targets to avoid low blood sugar.
- Always check with your healthcare provider before making changes to diet, medication, or lifestyle.