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# BLOOD GLUCOSE TARGETS

The American Diabetes Association and the American College of Endocrinology have published recommendations for blood glucose control goals for healthy, nonpregnant adults with diabetes. Goals for children and elderly adults may be slightly different and should be individualized by a person's diabetes care team.

	American Diabetes Association Recommendations	American College of Endocrinology Recommendations
HbA <sub>1c</sub>	less than 7%	6.5% or lower
Fasting or before-meal plasma glucose levels	90–130 mg/dl	110 mg/dl or less
Plasma glucose levels after meals	less than 180 mg/dl	140 mg/dl or less

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