

A1C Test Results (%) & Their Blood Sugar Equivalents (mg/dl)

A1C is a measure of your average hourly blood sugar during the past 90 days. Throughout the chart below, the level of A1C is written directly above the level of blood sugar. For example, if your A1C is 4.0%, your average daily blood sugar was 60 during the prior 90 days; if your A1C is 7.6%, your average daily blood sugar was 168 during the prior 90 days. **An A1C below 5.4% is normal.**

HbA1c	4.0	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9
Blood Sugar	60	63	66	69	72	75	78	81	84	87
HbA1c	5.0	5.1	5.2	5.3	5.4	5.5	5.6	5.7	5.8	5.9
Blood Sugar	90	93	96	99	102	105	108	111	114	117
HbA1c	6.0	6.1	6.2	6.3	6.4	6.5	6.6	6.7	6.8	6.9
Blood Sugar	120	123	126	129	132	135	138	141	144	147
HbA1c	7.0	7.1	7.2	7.3	7.4	7.5	7.6	7.7	7.8	7.9
Blood Sugar	150	153	156	159	162	165	168	171	174	177
HbA1c	8.0	8.1	8.2	8.3	8.4	8.5	8.6	8.7	8.8	8.9
Blood Sugar	180	183	186	189	192	195	198	201	204	207
HbA1c	9.0	9.1	9.2	9.3	9.4	9.5	9.6	9.7	9.8	9.9
Blood Sugar	210	213	216	219	222	225	228	231	234	237
HbA1c	10.0	10.1	10.2	10.3	10.4	10.5	10.6	10.7	10.8	10.9
Blood Sugar	240	243	246	249	252	255	258	261	264	267
HbA1c	11.0	11.1	11.2	11.3	11.4	11.5	11.6	11.7	11.8	11.9
Blood Sugar	270	273	276	279	282	285	288	291	294	297
HbA1c	12.0	12.1	12.2	12.3	12.4	12.5	12.6	12.7	12.8	12.9
Blood Sugar	300	303	306	309	312	315	318	321	324	327
HbA1c	13.0	13.1	13.2	13.3	13.4	13.5	13.6	13.7	13.8	13.9
Blood Sugar	330	333	336	339	342	345	348	351	354	357

Chart posted for general education use. Data represent averages. Individual values may vary. Consult your healthcare professional for interpretation of test results. Conversion: $HbA1c = ((\text{Blood Sugar} - 60) / 30 + 4)$; $\text{Blood Sugar} = ((HbA1c - 4) \times 30) + 60$ Chart design © 2001 diabeteschart.org Search for more information on "HbA1c blood glucose correlation". Abstract of earliest publication. [What is the HbA1c test?](#)