

## NICE recommended target blood glucose level ranges

The NICE recommended target blood glucose levels are stated below alongside the International Diabetes Federation's target ranges for people without diabetes.

Target Levels by Type	Before meals (pre prandial)	2 hours after meals (post prandial)
Non-diabetic	4.0 to 5.9 mmol/L	under 7.8 mmol/L
Type 2 diabetes	4 to 7 mmol/L	under 8.5 mmol/L
Type 1 diabetes	4 to 7 mmol/L	under 9 mmol/L
Children w/ type 1 diabetes	4 to 8 mmol/L	under 10 mmol/L