



血糖的目標度數

Glucose Goal

每個人體質情況不一樣, 所以血糖目標也有異

Goals will vary for each individual and circumstance

時間 When Measured	糖尿病患者目標 Goal for Diabetics (mg/dl)
餐前 Before meals	<7%: 70-130 <8%: 70-160
進食後兩小時 2 hours after eating	低於 Under 180
睡前 At Bedtime	<7%: 100-150 <8%: 100-200
血色素 A1c Hemoglobin A1c (血糖3個月的平均數) 3 months average glucose	低於 Under 7% 8%