

A1C vs EQUIVALENT AVERAGE GLUCOSE VALUES

BG (mmol/L) = [A1C (%) × 1.59] - 2.59			
A1C (%)	Average Glucose (mmol/L)	A1C (%)	Average Glucose (mmol/L)
5.4	6.0	9.8	13.0
5.6	6.3	10.0	13.3
5.8	6.6	10.2	13.6
6.0	6.9	10.4	13.9
6.2	7.3	10.6	14.3
6.4	7.6	10.8	14.6
6.6	7.9	11.0	14.9
6.8	8.2	11.2	15.2
7.0	8.5	11.4	15.5
7.2	8.9	11.6	15.9
7.4	9.2	11.8	16.2
7.6	9.5	12.0	16.5
7.8	9.8	12.2	16.8
8.0	10.1	12.4	17.1
8.2	10.4	12.6	17.4
8.4	10.8	12.8	17.8
8.6	11.1	13.0	18.1
8.8	11.4	13.2	18.4
9.0	11.7	13.4	18.7
9.2	12.0	13.6	19.0
9.4	12.4	13.8	19.4
9.6	12.7	14.0	19.7

adapted from: A1C-Derived Average Glucose Study Group, *Diabetes Care* 31(8):1473-1478, 2008

In US (metric) units:

BG (mg/dL) = [A1C (%) × 28.7] - 46.7			
A1C (%)	Average Glucose (mg/dL)	A1C (%)	Average Glucose (mg/dL)
5.4	108	9.8	235
5.6	114	10.0	240
5.8	120	10.2	246
6.0	125	10.4	252
6.2	131	10.6	258
6.4	137	10.8	263
6.6	143	11.0	269
6.8	148	11.2	275
7.0	154	11.4	280
7.2	160	11.6	286
7.4	166	11.8	292
7.6	171	12.0	298
7.8	177	12.2	303
8.0	183	12.4	309
8.2	189	12.6	315
8.4	194	12.8	321
8.6	200	13.0	326
8.8	206	13.2	332
9.0	212	13.4	338
9.2	217	13.6	344
9.4	223	13.8	349
9.6	229	14.0	355

adapted from: A1C-Derived Average Glucose Study Group, *Diabetes Care* 31(8):1473-1478, 2008