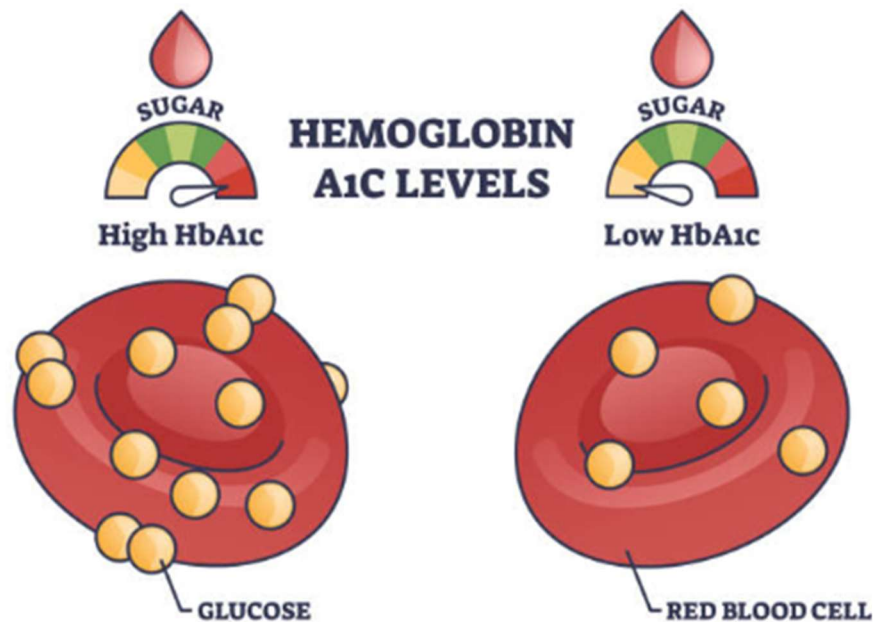


Hemoglobin A1c – What is it?

- The A1c test shows your **average blood sugar** over the past **2–3 months**.
- It helps your doctor see how your blood sugar is doing over time.
- Your blood has something called **red blood cells**. These cells carry sugar in your body.
- The more sugar in your blood, the more sticks to these cells.
- Your cells “remember” this sugar for about **3 months**.
- That is why the A1c test shows your blood sugar over time, not just one day.



Checking blood sugar:

The A1c test does **not replace** daily blood sugar checks.

A1c helps to:

- Check how your blood sugar is doing over time
- Show how your food and medicine are working
- Show how your healthy choices help

What is my A1c goal?

- For many people, the goal is **7% or less**.
- Ask your doctor what goal is right for you.

How can I improve my A1c?

- Check your blood sugar each day
- If your numbers are often high or low, **talk to your doctor**
- Talk with a dietitian about your food choices

A1c	Your average blood sugar each day is:
5%	97 mg/dL
6%	126 mg/dL
7%	154 mg/dL
8%	183 mg/dL
9%	212 mg/dL
10%	240 mg/dL
11%	269 mg/dL
12%	298 mg/dL
13%	326 mg/dL
14%	355 mg/dL



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.