

A1C Conversion Chart

A1C percentage	Estimated average glucose (eAG)	
	milligrams per deciliter (mg/dL)	millimoles per liter (mmol/L)
5.0	97	5.4
5.5	111	6.2
6.0	126	7.0
6.5	140	7.8
7.0	154	8.6
7.5	169	9.4
8.0	183	10.2
8.5	197	10.9
9.0	212	11.8
9.5	226	12.6
10.0	240	13.4
10.5	255	14.1
11.0	269	14.9
11.5	283	15.7
12.0	298	16.5
12.5	312	17.3
13.0	326	18.1
13.5	341	18.9
14.0	355	19.7

- The A1C test measures the average blood glucose levels over the past 2 to 3 months.
- The estimated average glucose (eAG) provides a single number that gives a clearer picture of your diabetes management.
- This chart is a general guideline. Individual results may vary. Always consult with your healthcare provider for a more accurate interpretation.

American Diabetes Association. (n.d.). *eAG/A1C Conversion Calculator*. DiabetesPro. https://professional.diabetes.org/glucose_calc

American Diabetes Association. (2023). *Understanding A1C*. [Diabetes.org](https://diabetes.org/about-diabetes/a1c). <https://diabetes.org/about-diabetes/a1c>