

Blood Sugar Conversion Chart

mmol/L and mg/dL describe the same glucose level in different units. The green band, 70 to 180 mg/dL (3.9 to 10.0 mmol/L), is the standard CGM target range used for time in range.

MMOL/L TO MG/DL
multiply by 18

MG/DL TO MMOL/L
divide by 18

MMOL/L	MG/DL	
2.0	36	very low
2.5	45	very low
3.0	54	low
3.5	63	low
3.9	70	in range
4.5	81	in range
5.0	90	in range
5.5	99	in range
6.0	108	in range
6.5	117	in range
7.0	126	in range

MMOL/L	MG/DL	
7.5	135	in range
8.0	144	in range
9.0	162	in range
10.0	180	in range
11.0	198	high
12.0	216	high
13.9	250	high
15.0	270	very high
17.0	306	very high
20.0	360	very high
22.0	396	very high

● in range (70-180 mg/dL) ● low / high ● very low (below 54) / very high (above 250)



Scan to get Sugar Sense, real-time CGM glucose on iPhone, Apple Watch and the web, with alerts and family sharing. Free interactive converter at sugarsense.io/blood-sugar-converter.
For education only. Not medical advice; never use this chart for insulin dosing or treatment decisions. Ranges follow the international CGM consensus; personal targets are set with your care team.