

Look At the Blood Sugar Level Chart by Age



Blood sugar means when a person eats anything high in carbohydrates or that will be broken down or use as an every called glucose this is also called sugar.

Enter in the bloodstream and the hormone called the insulin. When this process works effectively then the person's muscle and organ having the fuel. Then one need without being too much glucose remains in the blood.

Let's explore some information about the normal blood sugar level:

Fasting sugar level—One can check the fasting level of sugar accurately after 8 hours of the last meal. The fasting plasma glucose level below 100mg/dl and blood glucose level after a meal 14dl. Below is the [blood sugar level chart by age](#), which will be helpful for diabetic people

Adult level chart:

- Fasting less than 100
- Before meal 70-130
- After a meal of less than 180
- Before exercise 100
- Bedtime 100 to 140 mg/dl

Age 6 to 12 chart:

- Fasting 80 to 180 mg/dl
- Before meal 90 to 180mg/dl
- before exercise at least 150 my/dl
- bedtime 100 to 180mg/dl

Sugar level 13 to 19

- fasting 70 to 150 mg/dl
- before meal 90 to 130mg/dl
- before exercise at least 150mg/dl
- bed time 90 to 150mg/dl

The normal blood sugar level in seniors 70 to 130mg/dl that is before eating the meal. To control the sugar level person have to adapt to a healthy lifestyle like good and healthy eating bedtime regular exercise.



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