

# HbA1c (mmol/mol) to Estimated Average Glucose (mmol/L) Conversion Chart [Europe]

<b>Hba1c (mmol/mol)</b>	<b>eAG (mmol/L)</b>	<b>Hba1c (mmol/mol)</b>	<b>eAG (mmol/L)</b>
<b>31</b>	<b>5.4</b>	<b>86</b>	<b>13.4</b>
<b>37</b>	<b>6.2</b>	<b>91</b>	<b>14.1</b>
<b>42</b>	<b>7.0</b>	<b>97</b>	<b>15</b>
<b>48</b>	<b>7.8</b>	<b>102</b>	<b>15.7</b>
<b>53</b>	<b>8.6</b>	<b>108</b>	<b>16.6</b>
<b>58</b>	<b>9.3</b>	<b>113</b>	<b>17.3</b>
<b>64</b>	<b>10.2</b>	<b>119</b>	<b>18.2</b>
<b>69</b>	<b>10.9</b>	<b>124</b>	<b>18.9</b>
<b>75</b>	<b>11.8</b>	<b>130</b>	<b>19.8</b>
<b>80</b>	<b>12.5</b>	<b>135</b>	<b>20.5</b>

*Source: Diabetes.co.UK*

The Geriatric Dietitian