



Some resources for you:

Conversion Table for Blood Glucose Monitoring

People from outside the Canada may find this table convenient for converting Canadian blood glucose values which are given in mmol/L into values generated by their blood glucose meters, which are generated in mg/dl

mmol/L	mg/dl	mmol/L	mg/dl	mmol/L	mg/dl
0.06	1	6.7	120	16.0	288
0.28	5	7.0	126	16.6	300
0.55	10	7.2	130	17.0	306
1.0	18	7.5	135	18.0	325
1.5	27	7.8	140	19.0	342
2.0	36	8.0	145	20.0	360
2.2	40	8.3	150	20.8	375
2.5	45	8.9	160	22.2	400
2.8	50	9.0	162	23.0	414
3.0	54	9.4	170	24.0	432
3.3	60	10.0	180	25.0	450
3.9	70	10.5	190	26.4	475
4.0	72	11.0	196	27.7	500
4.4	80	11.1	200	30.0	540
4.7	85	12.0	216	33.3	600
5.0	90	12.5	225	38.8	700
5.5	100	13.9	250	40.0	720
6.0	106	14.4	260	44.4	800
6.1	110	15.0	270	50.0	900

Reference:

http://www.joslin.org/info/conversion_table_for_blood_glucose_monitoring.html

Other resources for you:

<http://www.diabetesgps.ca/>

<http://www.joslin.org/info/diabetes-and-nutrition.html>