

ENPEP Blood Glucose Conversion Quick Reference

For use with the ENO 3.0 Endocrine Lesson



Last Revised: March 2025

Blood Glucose Conversion

Canadian value (mmol/L) = U.S. value (mg/dL) divided by 18

mg/dL	mmol/L	mg/dL	mmol/L	mg/dL	mmol/L	mg/dL	mmol/L	mg/dL	mmol/L
20	1.1	130	7.2	225	12.5	340	18.9	530	29.4
30	1.7	135	7.5	230	12.8	350	19.4	540	30
40	2.2	140	7.8	235	13.1	360	20	550	30.6
50	2.8	145	8.1	240	13.3	370	20.6	560	31.1
55	3.1	150	8.3	245	13.6	380	21.1	570	31.7
60	3.3	155	8.6	250	13.9	390	21.7	580	32.2
65	3.6	160	8.9	255	14.2	400	22.2	590	32.8
70	3.9	165	9.2	260	14.4	410	22.8	600	33.3
75	4.2	170	9.4	265	14.7	420	23.3	610	33.9
80	4.4	175	9.7	270	15	430	23.9	620	34.4
85	4.7	180	10	275	15.3	440	24.4	630	35
90	5	185	10.3	280	15.6	450	25	640	35.6
95	5.3	190	10.6	285	15.8	460	25.6	650	36.1
100	5.6	195	10.8	290	16.1	470	26.1	660	36.7
105	5.8	200	11.1	295	16.4	480	26.7	670	37.2
110	6.1	205	11.4	300	16.7	490	27.2	680	37.8
115	6.4	210	11.7	310	17.2	500	27.8	690	38.3
120	6.7	215	11.9	320	17.8	510	28.3	700	38.9
125	6.9	220	12.2	330	18.3	520	28.9	710	39.4