

HOW TO DIAGNOSE **PREDIABETES**

Test	Prediabetes
Fasting plasma glucose (Identifies impaired fasting glucose)	100 to 125 mg/dL
Two-hour oral glucose tolerance test (Identifies impaired glucose tolerance)	140 to 199 mg/dL
HbA1c (Identifies average blood glucose levels over the previous two to three months)	5.7% to 6.4%

SOURCE: AMERICAN DIABETES ASSOCIATION