

# HOW TO DIAGNOSE **PREDIABETES**

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

**SOURCE:** AMERICAN DIABETES ASSOCIATION