# How to Diagnose Prediabetes

<table>
<thead>
<tr>
<th>Test</th>
<th>Prediabetes</th>
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</table>
| **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*