

Fasting Insulin Levels Chart

| Age group | Normal range (μ IU/mL) |
|-----------|-----------------------------|
| Children | 2 – 20 |
| Teens | 3 – 25 |
| Adults | 5 – 15 |

In the Fasting Insulin Levels Chart, age groups are categorized with their respective normal fasting insulin level ranges, measured in μ IU/mL:

Children: Typically includes those aged 12 to 18 with a normal range of 2 – 20 μ IU/mL.

Teens: Encompassing individuals aged 13 to 19, with a normal range of 3 – 25 μ IU/mL.

Adults: Intended for individuals aged 18 and beyond, with a normal range of 5 – 15 μ IU/mL.

| Age | Normal fasting glucose (Without diabetes) | Fasting glucose level (Consistent with diabetes) | Target glucose range (Before meals for those with type 2 diabetes) | HBA1C (In those without diabetes) | HBA1C (In those with possible prediabetes) | HBA1C (Consistent with diabetes) | HBA1C (Target goal for those with diabetes) |
|--------------------------|---|--|--|-----------------------------------|--|----------------------------------|---|
| Children and adolescents | Less than or equal to 100mg/dL | Greater than or equal to 126mg/dL | 80 to 130mg/dL | Less than 5.7 | 5.7-6.4 | Greater than or equal to 6.5 | Less than or equal to 7.0 |
| Adults | Less than or equal to 100mg/dL | Greater than or equal to 126mg/dL | 80 to 130mg/dL | Less than 5.7 | 5.7-6.4 | Greater than or equal to 6.5 | Less than or equal to 7.0 |
| Older adults | Less than or equal to 100mg/dL | Greater than or equal to 126mg/dL | 80 to 150 or 170mg/dL | Less than 5.7 | 5.7-6.4 | Greater than or equal to 6.5 | Less than or equal to 7.0 |

Patient name: _____ Age: _____ Date: _____

Result

Interpretation

Dietary recommendations

Notes