

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 (Age Group): Typically includes those aged **12 to 18** with a normal range of **2 - 20 μ IU/mL**.

Teens (Age Group): Encompassing individuals aged **13 to 19**, with a normal range of **3 - 25 μ IU/mL**.

Adults (Age Group): 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 7.5-8.0

Patient name:

Age:

Date:

Result:

Interpretation:

Dietary Recommendations:

Notes: