[https://www.cdc.gov/diabetes/basics/getting-tested.html#:~:text=Fasting%20Blood%20Sugar%20Test&text=A%20fasting%20blood%20sugar%20level,higher%20indicates%20you%20have%20diabetes](https://www.cdc.gov/diabetes/basics/getting-tested.html" \l ":~:text=Fasting%20Blood%20Sugar%20Test&text=A%20fasting%20blood%20sugar%20level,higher%20indicates%20you%20have%20diabetes).

Plasma fasting glucose <https://wwwn.cdc.gov/Nchs/Nhanes/2015-2016/GLU_I.htm>

**Fasting Blood Sugar Test**

This measures your blood sugar after an overnight fast (not eating). A fasting blood sugar level of 99 mg/dL or lower is normal, 100 to 125 mg/dL indicates you have prediabetes, and 126 mg/dL or higher indicates you have diabetes.

LBXGLU = Fasting Glucose (mg/dL)

Oral glucose tolerance test <https://wwwn.cdc.gov/Nchs/Nhanes/2015-2016/OGTT_I.htm>

**Glucose Tolerance Test**

This measures your blood sugar before and after you drink a liquid that contains glucose. You’ll fast (not eat) overnight before the test and have your blood drawn to determine your fasting blood sugar level. Then you’ll drink the liquid and have your blood sugar level checked 1 hour, 2 hours, and possibly 3 hours afterward. At 2 hours, a blood sugar level of 140 mg/dL or lower is considered normal, 140 to 199 mg/dL indicates you have prediabetes, and 200 mg/dL or higher indicates you have diabetes.

<https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/prediabetes-insulin-resistance>

More than 84 million people ages 18 and older have prediabetes in the United States.1 That’s about 1 out of every 3 adults.

There’s not much info on insulin level. (can be used to tell if insulin secretion is high or low)

For the time being, fasting blood sugar and glucose tolerance are two indicators to use.