

Lab Report Cheat Sheet

Blood work can tell you a lot about your metabolic health. If you've been diagnosed with prediabetes or are trying to lower your risk of type 2 diabetes, these are some of the most important numbers to understand.

A1C

Healthy range:

Below 5.7%

Prediabetes range:

5.7% – 6.4%

Diabetes range:

6.5% or higher

Why it matters:

A1C gives a long-term picture of how well your blood sugar has been controlled.

Ways to improve it:

- Balanced meals with protein, fiber, and healthy fats
- Regular movement
- Limiting refined carbohydrates
- Improving sleep and stress habits

FASTING BLOOD GLUCOSE

Healthy range:

70–99 mg/dL

Prediabetes range:

100–125 mg/dL

Diabetes range:

126 mg/dL or higher

Why it matters:

Elevated fasting glucose can indicate insulin resistance, a key driver of prediabetes.

What can help lower it:

- Balanced meals and snacks
- After-meal walks
- Prioritizing good sleep
- Consistent meal timing
- Eating adequate fiber, vitamin D, and magnesium

TRIGLYCERIDES

Healthy range:

Below 150 mg/dL

Borderline high:

150–199 mg/dL

High:

200 mg/dL or higher

Why it matters:

High triglycerides are linked with insulin resistance and metabolic health issues.

Helpful habits:

- Reduce added sugars
- Increase fiber intake
- Eat healthy fats (olive oil, nuts, avocado)

Disclaimer: These are US-based ranges and may vary based on your location, individual lab standards and procedures, medical provider, or your own personal health history. Always consult your medical provider for individualized analysis and care plans.