

Diagnosis: Diet

Nutrition Science meets Common Sense



Georgia Ede MD

Insulin Resistance Tests

Test	Result
Fasting Insulin	Lower than 5 mU/L is good; higher than 12 mU/L makes insulin resistance very likely ¹
Fasting Blood Glucose	Should be less than 85 ²
Fasting triglycerides (fat in the blood)	Ideally less than 100 mg/dl. Over 150 mg/dl makes insulin resistance very likely (Please note that if you are African-American you can have very low fasting triglycerides but still have insulin resistance.) ³
HDL (so-called "good cholesterol")	Higher than 40 mg/dl in men is good, higher than 50 mg/dl in women is good ⁴
HsCRP (highly-sensitive C-reactive protein): this is a marker of inflammation	Lower than 1 mg/dl is good ⁵
Uric Acid	Should be lower than 5 mg/dl in women and lower than 6 mg/dl in men ⁶

Insulin Resistance Formula

Here's a new and easy method to help diagnose insulin resistance using two tests typically done during a routine physical exam. Just plug your numbers into this simple formula:

Multiply your fasting blood glucose by your fasting triglycerides (both in mg/dl) and divide by 2. Then take the natural log of this number.

Men with values over 8.82 and women with values over 8.73 are most likely to be insulin resistant and have double the chance of developing type 2 diabetes in the future.⁷

Note: the natural log function (ln) is found on a standard scientific calculator. Most smartphone calculators include these functions in landscape view.

$$\ln \left(\frac{\text{Fasting Blood Glucose} \times \text{Fasting Triglycerides}}{2} \right)$$

References:

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