

Fasting insulin and HOMA-IR ranges*

Fasting insulin*			
μIU/mL or mIU/L	pmol/L	Risk for insulin resistance	Reference
≥ 25	≥ 174	High	Johnson, Duick, Chui & Aldasouqi, 2010
>12	> 83	Moderate	McAuley et al., 2001
≤ 8		Low	Johnson, Duick, Chui & Aldasouqi, 2010

Homeostatic model assessment for insulin resistance (HOMA-IR)**		
HOMA-IR score = fasting insulin (mIU/L) x fasting glucose (mg/dL) / 405 (Matthews et al., 1985)		
Score	Risk for insulin resistance	Reference
< 1.6	Low	Shashaj & Luciano, 2015

* These definitions have not been standardized. These are “working” ranges until more studies are done to standardize values for predicting insulin resistance. Following the trend in an individual patient over time is likely more helpful than an absolute value when monitoring patients on therapeutic carbohydrate restriction.

** A calculator for HOMA-IR can be found at:
mdcalc.com/homa-ir-homeostatic-model-assessment-insulin-resistance