

5 Facts to Know

About Glucose and Ketone Meter Accuracy

Blood glucose and ketone meters are extremely valuable tools if you have diabetes, follow the ketogenic diet, or simply want to improve your metabolic health.

1

Accuracy Is a Term Defined and Regulated by the FDA

- 99% of all test results must be within +/- 20% of a lab result

2

No Meter Is as Accurate as a Lab Test or Venous Blood Draw

- Small sample size (500 times smaller than a lab test)
- Capillary vs venous blood

3

You Can't Determine Accuracy by Comparing Results from Different Brands of Meters

- Compare results only to a lab test
- Understand confirmation bias

Confirmation Bias:

The tendency to assume that a lower number is more accurate.

4

Comparing Back-to-Back Readings Will Likely Produce Different Results But They Will Fall Within 20% of Lab Readings

5

Other Variables That Affect Accuracy

- Sweat, oils, sugar and other substances on your hands
- Temperature, humidity, altitude

