In 1988, the National Health Institute Consensus Conference established diagnostic criteria for NF1.

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<th>NIH Criteria for Diagnosis of NF1</th>
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Diagnostic criteria are met with two or more of the following:
1. Six or more café-au-lait spots larger than 5 mm in greatest diameter in prepubertal individuals and larger than 15 mm in postpubertal individuals.
2. Two or more neurofibromas of any type, or one plexiform neurofibroma
3. Inguinal or axillary freckling
4. Optic glioma
5. Two or more Lisch nodules
6. Distinctive osseous lesion such as sphenoid wing dysplasia or cortical thinning of long bones
7. A first-degree relative who meets the NF1 diagnostic criteria