

Low Carb Diet & Exercise Program started 3/12/07

Test Date.....	10/05	7/07	2/08	4/08	3/10	11/10	11/11	5/12	1/13	7/13	1/14	7/14	5/15
Total Cholesterol Below 200 mg/dL Desirable 200-239 mg/dL Borderline high 240 mg/dL and above High	218	177	172	155	177	214	188	170	217	207	223	233	207
LDL Cholesterol Below 70 mg/dL Optimal if very high risk of heart disease Below 100 mg/dL Optimal for people at risk of heart disease 100-129 mg/dL Near optimal 130-159 mg/dL Borderline high 160-189 mg/dL High 190 mg/dL and above Very high	116	94	85	69	83	120	90	82	103	104	108	104	87
HDL Cholesterol Below 40 mg/dL Poor 40-59 mg/dL Better 60 mg/dL and above Best	41	65	71	77	86	85	85	78	104	93	103	119	109
Triglycerides Below 150 mg/dL Desirable 150-199 mg/dL Borderline high 200-499 mg/dL High 500 or above Very high	230	90	80	46	42	46	64	50	51	48	60	51	56
Triglycerides/HDL - Best if <=3	5.6	1.4	1.1	.6	.49	.54	.75	.64	.49	.52	.58	.43	.51
Blood Glucose Normal is 65-99						96	91	90	96	92	97	91	84

* 10/05 I was not yet at my top weight of 260. * 7/07 I was 4 months after the start of eating low carb and exercising.