

**INFORMATION SHEET – BLOOD TESTS (Source: Professor Ken Sikaris)**

**What are important health markers from a blood test?**

**HBA1C (glycated haemoglobin)**

* 4.4-5.6 (IDEAL)
* 5.7-6.4 (PRE DIABETIC)
* Greater than 6.5 (TYPE 2 DIABETIC)

**FASTING BLOOD GLUCOSE**

* Less than 5 (IDEAL)
* Greater than 5 indicates insulin resistance

**FASTING INSULIN**

* 2.0-10.0

**TRIGLYCERIDES**

* Less than 1.5 (IDEAL)
* > 1.5 means you have small dense LDL particles which puts you at increased risk of cardiovascular disease

**LDL**

* The type of LDL is what matters. Under 1, you have none. Over 1.5, you are at increased risk of heart disease.

**TOTAL CHOLESTEROL *RATIO*** (total cholesterol divided by HDL cholesterol)

* 3.5-5 (IDEAL)

**TRIGLYCERIDES TO HDL RATIO**

* Divide your Triglycerides by your HDL (should be less than 1.5)

**HDL CHOLESTEROL** (GOOD CHOLESTEROL)

* Greater than 1 is ideal

**ALT (FATTY LIVER)**

* Between 5-30 (IDEAL)

**AST (FATTY LIVER FUNCTION)**

* 10-35 (IDEAL)