

## MY LAB VALUES

### Cholesterol + Diabetes: Healthy nutrition and lifestyle choices

This chart can be used with ***Cholesterol + Diabetes***. Adults with diabetes should have their cholesterol tested every 1 to 3 years. More frequent testing may be necessary for people taking cholesterol medications and/or making lifestyle changes. Always discuss your cholesterol results with members of your healthcare team.

There is space below if you want to track other values such as weight changes, blood pressure, triglyceride levels, waist circumference, etc.

**What are the targets for people with diabetes and do I meet them?**

|   | Target             | My Lab Values |       |       |       |       |       |       |       |
|---|--------------------|---------------|-------|-------|-------|-------|-------|-------|-------|
|   |                    | Date:         | Date: | Date: | Date: | Date: | Date: | Date: | Date: |
| <b>LDL-Cholesterol</b>  | 2.0 mmol/L or less |               |       |       |       |       |       |       |       |
| <b>Ratio=<math>\frac{\text{Total Cholesterol}}{\text{HDL-Cholesterol}}</math></b> | less than 4.0      |               |       |       |       |       |       |       |       |
|   |                    |               |       |       |       |       |       |       |       |
|   |                    |               |       |       |       |       |       |       |       |

LDL-Cholesterol ("bad" cholesterol): Low-density lipoprotein cholesterol  
 HDL-Cholesterol ("good" cholesterol): High-density lipoprotein cholesterol