

	General	Type O	Type B	Type AB	Type A
Total Cholesterol	<200	> 225	> 210	> 200	> 200
LDL	<130		> 110	>110	> 110
HDL	>35	< 45 male < 55 female	<55 male <60 female	<55 male <60 female	<45 male <55 female
Triglycerides	< 200	> 140	> 160	> 160	> 150
Diet	Transfats	High carbs (grains)	High carbs, chicken, corn	Chicken, corn	Red meat
Lp(a)	< 10				
CRP	< 5				
Homocysteine	< 10				