$$R_{L53HD(RED)} = \frac{5V - 2,1V}{10mA} = \frac{2,9V}{10mA} = 290\Omega$$

$$R_{L53GD(GREEN)} = \frac{5V - 2,05V}{10mA} = \frac{2,95V}{10mA} = 295\Omega$$

$$R_{L53YD(YELLOW)} = \frac{5V - 2V}{10mA} = \frac{3V}{10mA} = 300\Omega$$