



Cholesterol Levels

What do they mean?

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline high
240 mg/dL and above	High
LDL Cholesterol Level	LDL Cholesterol Category
Less than 100 mg/dL	Optimal
100-129 mg/dL	Near optimal/above optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very high
HDL Cholesterol	Category
60 or greater	optimal/low risk
40-59	moderate risk
Less than 40	High risk
Triglycerides	Category
Less than 150	Optimal