

CHOLESTEROL LEVEL REFERENCE CHART

Standard values for adults (mg/dL)

CATEGORY	LEVEL (MG/DL)	CLASSIFICATION
Total Cholesterol	Less than 200	Desirable
Total Cholesterol	200 - 239	Borderline High
Total Cholesterol	240 and Above	High
LDL (Bad)	Less than 100	Optimal
LDL (Bad)	130 - 159	Borderline High
LDL (Bad)	160 - 189	High
HDL (Good)	60 or Higher	Optimal (Protective)
HDL (Good)	40 - 59 (Men) / 50 - 59 (Women)	Acceptable

CATEGORY	LEVEL (MG/DL)	CLASSIFICATION
HDL (Good)	Less than 40	Low (Risk Factor)

Note: This chart is for educational purposes only. Interpretation of cholesterol numbers depends on other health factors such as age, family history, and existing conditions. Always consult with a healthcare professional regarding lab results.

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