

CHOLESTEROL LEVEL GUIDELINES

Reference Chart for Adults (mg/dL)

Type	Level Range	Status
	Less than 200	Desirable
Total Cholesterol	200 - 239	Borderline High
	240 and above	High
	Less than 100	Optimal
LDL "Bad" Cholesterol	130 - 159	Borderline High
	160 and above	High
	60 and above	Protective / Optimal
HDL "Good" Cholesterol	Less than 40 (Men) / 50 (Women)	Low (Risk Factor)
Triglycerides	Less than 150	Normal

Type

Level Range

Status

150 - 199

Borderline High

200 and above

High

Note: This chart is for educational reference only. Clinical interpretations must be made by a qualified healthcare professional considering individual risk factors such as age, smoking status, and blood pressure.

Print Chart