

CHOLESTEROL LEVEL REFERENCE CHART

CATEGORY	READING (MG/DL)	STATUS
Desirable	Less than 200	<i>Optimal</i>
Borderline High	200 - 239	<i>Increased Risk</i>
High	240 and above	<i>High Risk</i>

CATEGORY	READING (MG/DL)	STATUS
Optimal	Less than 100	<i>Ideal</i>
Near Optimal	100 - 129	<i>Acceptable</i>
Borderline High	130 - 159	<i>Moderate Risk</i>
High	160 - 189	<i>High Risk</i>

CATEGORY	READING (MG/DL)	STATUS
Very High	190 and above	<i>Very High Risk</i>

CATEGORY	READING (MG/DL)	STATUS
Low	Less than 40 (Men) / 50 (Women)	<i>High Risk</i>
Acceptable	40 - 59	<i>Moderate</i>
High/Best	60 and above	<i>Protective</i>

CATEGORY	READING (MG/DL)	STATUS
Normal	Less than 150	<i>Low Risk</i>
Borderline High	150 - 199	<i>Increased Risk</i>
High	200 - 499	<i>High Risk</i>

CATEGORY	READING (MG/DL)	STATUS
Very High	500 and above	<i>Extreme Risk</i>

Note: This chart is for informational purposes only. Cholesterol targets can vary based on individual health history, age, and existing heart conditions. Always consult with a healthcare provider to interpret lab results.