

CHOLESTEROL REFERENCE CHART

Adult Reference Ranges (mg/dL)

TYPE	RANGE (MG/DL)	INTERPRETATION
	Less than 200	Desirable
Total Cholesterol	200 - 239	Borderline High
	240 and above	High
	Less than 100	Optimal
LDL (Bad)	130 - 159	Borderline High
	160 and above	High
	60 and above	Optimal (Protective)
HDL (Good)	Less than 40	Low (Risk Factor)
	Less than 150	Normal

TYPE	RANGE (MG/DL)	INTERPRETATION
	150 - 199	Borderline High
	200 and above	High

Note: This chart is for educational purposes only. Always consult with a healthcare professional to interpret lab results based on your specific medical history and risk factors.