

HEART HEALTH: CHOLESTEROL REFERENCE CHART

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

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