

CHOLESTEROL RATIO REFERENCE CHART

Patient Name: _____ Date: _____

The Calculation: Total Cholesterol ÷ HDL Cholesterol = Cholesterol Ratio

Ratio (Total/HDL)	Risk Category	Clinical Interpretation
3.5 or Lower	Optimal	Minimal cardiovascular risk
3.6 - 4.4	Good	Low to moderate risk
4.5 - 5.0	Borderline	Increased risk; lifestyle changes advised
Above 5.0	High Risk	Significant cardiovascular risk

Lipid Type	Optimal Range (mg/dL)	Goal
LDL (Bad)	Less than 100	Keep Low
HDL (Good)	Above 60	Keep High
Triglycerides	Less than 150	Keep Low

Disclaimer: This chart is for educational purposes only. Results should be interpreted by a healthcare professional considering overall health history, age, and blood pressure.

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