

CHOLESTEROL REFERENCE CHART

Reference Guide (mg/dL)

Total Cholesterol

CATEGORY	MEASUREMENT (MG/DL)	CLASSIFICATION
Adults	Less than 200	Desirable
Adults	200 - 239	Borderline High
Adults	240 and above	High

LDL (Bad) Cholesterol

CATEGORY	MEASUREMENT (MG/DL)	CLASSIFICATION
Optimal	Less than 100	Optimal
Near Optimal	100 - 129	Acceptable
Borderline	130 - 159	Borderline High
High	160 - 189	High

CATEGORY	MEASUREMENT (MG/DL)	CLASSIFICATION
Very High	190 and above	Very High

HDL (Good) Cholesterol

CATEGORY	MEASUREMENT (MG/DL)	CLASSIFICATION
Low	Less than 40	At Risk (Low)
Acceptable	40 - 59	Medium
Optimal	60 and above	Protective (High)

Medical Disclaimer: This chart is for informational purposes only and does not constitute medical advice. Cholesterol targets may vary based on individual health history, age, and existing conditions such as diabetes or heart disease. Always consult with a healthcare professional to interpret your specific laboratory results.