

# CHOLESTEROL REFERENCE CHART

Values measured in mg/dL

Age Group	Total Cholesterol	LDL (Bad)	HDL (Good)
<b>Children (19 or younger)</b>			
Ideal	Less than 170	Less than 100	More than 45
Borderline	170 - 199	100 - 129	40 - 45
<b>Adults (20 or older)</b>			
Ideal	125 - 200	Less than 100	40 or higher (Men) 50 or higher (Women)
Borderline	200 - 239	130 - 159	-
High Risk	240 or higher	160 or higher	Less than 40

**Notes:** This chart is for educational reference only. Individual targets may vary based on medical history, heart disease risk, and existing conditions like diabetes. Always consult with a healthcare provider to interpret blood test results.

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