

OPTIMAL CHOLESTEROL LEVEL REFERENCE CHART

Cholesterol Type	Level (mg/dL)	Category
Total Cholesterol		
Optimal	Less than 200	Desirable
Borderline High	200 - 239	Moderate Risk
High	240 and above	Increased Risk
LDL (Bad) Cholesterol		
Optimal	Less than 100	Ideal
Near Optimal	100 - 129	Acceptable
Borderline High	130 - 159	Moderate Risk
High	160 - 189	High Risk
HDL (Good) Cholesterol		

Cholesterol Type	Level (mg/dL)	Category
Low	Less than 40 (Men) / 50 (Women)	Poor
Medium	40 - 59	Better
Optimal	60 and above	Protective

Triglycerides

Normal	Less than 150	Ideal
Borderline High	150 - 199	Moderate Risk
High	200 and above	High Risk

Note: Values are measured in milligrams per deciliter (mg/dL). This chart is for informational purposes only. Consult a healthcare professional for clinical diagnosis and personalized treatment plans.

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