

# STANDARD CHOLESTEROL LEVEL REFERENCE

Measured in mg/dL (milligrams per deciliter) â€¢ For Adults

Type	Level Range	Category
<b>Total Cholesterol</b>		
Total	Less than 200	Desirable
Total	200 - 239	Borderline High
Total	240 and above	High
<b>LDL (Bad) Cholesterol</b>		
LDL	Less than 100	Optimal
LDL	100 - 129	Near Optimal
LDL	130 - 159	Borderline High
LDL	160 - 189	High

Type	Level Range	Category
<b>HDL (Good) Cholesterol</b>		
HDL	Less than 40 (Men) / 50 (Women)	Low (Risk Factor)
HDL	60 and above	High (Protective)
<b>Triglycerides</b>		
Triglycerides	Less than 150	Normal
Triglycerides	150 - 199	Borderline High
Triglycerides	200 and above	High

**Note:** These values are general guidelines. Individual targets may vary based on pre-existing conditions such as heart disease or diabetes. Consult with a healthcare provider to interpret results.