

## CHOLESTEROL AND TRIGLYCERIDE GUIDELINES

Total Cholesterol	
Less than 200 mg/dL	Desirable
200 - 239 mg/dL	Borderline-high
240 mg/dL and above	High

HDL (Good) – Cholesterol (the higher the better)	
Over 40 mg/dL (men)	Desirable
Over 50 mg/dL (women)	Desirable
60 mg/dL and above	Considered protective against heart disease

LDL (Bad) – Cholesterol (the lower the better)	
Less than 100 mg/dL	Optimal
100 - 129 mg/dL	Near or Above Optimal
130 - 159 mg/dL	Borderline-high
160 - 189 mg/dL	High
190 mg/dL and above	Very High

- ❖ Persons with heart disease, diabetes and other high risk factors such as smoking, obesity, should keep their LDL cholesterol below 70 mg/dL.

Triglyceride	
Less than 150 mg/dL	Normal
150 - 199 mg/dL	Borderline-high
200 - 499 mg/dL	High
500 mg/dL or above	Very High

Sources: National Cholesterol Education Program, 2004  
American Heart Association “What Your Cholesterol Levels Mean”