

# Cholesterol Guidelines

	Low Heart Disease Risk	Borderline Heart Disease Risk	High Heart Disease Risk
Total Cholesterol	Less than 200	200 - 239	240 and higher
LDL Cholesterol (the "bad" cholesterol)	Less than 130	130 - 159	160 and higher
HDL Cholesterol (the "good" cholesterol)	60 and higher	50 - 59	Less than 50
Triglycerides	Less than 150	150 - 199	200 and higher

Measurements in mg/dL

# Cholesterol Guidelines Chart

**RS Peters**



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