

# National Cholesterol Education Program Cholesterol Guidelines

	<b>Desirable</b>	<b>Borderline High</b>	<b>High</b>
<b>Total Cholesterol</b>	<b>Less than 200</b>	<b>200 - 239</b>	<b>240 and higher</b>
<b>LDL Cholesterol</b> (the "bad" cholesterol)	<b>Less than 130</b>	<b>130 - 159</b>	<b>160 and higher</b>
<b>HDL Cholesterol</b> (the "good" cholesterol)	<b>50 and higher</b>	<b>40 - 49</b>	<b>Less than 40</b>
<b>Triglycerides</b>	<b>Less than 200</b>	<b>200 - 399</b>	<b>400 and higher</b>

# National Cholesterol Education Program Guidelines 2011

**O García**



**National Cholesterol Education Program Guidelines 2011:**

## **National Cholesterol Education Program Guidelines 2011** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**National Cholesterol Education Program Guidelines 2011**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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