

National Cholesterol Education Program Cholesterol Guidelines

| | Desirable | Borderline High | High |
|--|---------------|-----------------|----------------|
| 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] | 50 and higher | 40 - 49 | Less than 40 |
| Triglycerides | Less than 200 | 200 - 399 | 400 and higher |

National Cholesterol Education Program Guidelines 22

Rachel Sandford



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