

# National Cholesterol Education Program Cholesterol Guidelines

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

# National Cholesterol Education Program Guidelines

**S Ashworth**



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