

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

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JL Elias

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