

LDL Cholesterol Level	Category
Less than 100 mg/dL	Optimal
100 to 129 mg/dL	Near or above optimal
130 to 159 mg/dL	Borderline high
160 to 189 mg/dL	High
190 mg/dL and above	Very high
HDL Cholesterol Level	Category
Less than 40 mg/dL (for men)	Low HDL cholesterol.
Less than 50 mg/dL (for women)	A major risk factor for heart disease.
60 mg/dL and above	High HDL cholesterol.
Triglyceride Level	Category
Less than 100 mg/dL	Optimal
Less than 150 mg/dL	Normal
150–199 mg/dL	Borderline high
200–499 mg/dL	High
500 mg/dL and above	Very high

National Cholesterol Education Program Guidelines 23

Sabine Zange



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