National Cholestrol Education Program Cholestrol Guidelines

	Desirable	Borderline High	High
Total Cholestrol	Less than 200	200 - 239	240 and

Less than 130

50 and higher

Less than 200

130 - 159

40 - 49

200 - 399

LDL Cholestrol

[The "bad"

Cholestrol]

HDL Cholestrol

[The "good"

Cholestrol]

Triglycerides

higher

160 and

higher

Less than 40

400 and

higher

National Cholesterol Education Program Guidelines 23

Michael Davidson, Peter P. Toth, Kevin C Maki

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