

### Classification of Total, LDL, and HDL Cholesterol and Triglycerides

#### LDL cholesterol (mg/dL)

<100	Optimal
100-129	Near optimal/above optimal
130-159	Borderline high
160-189	High
≥190	Very high

#### Total cholesterol (mg/dL)

<200	Desirable
200-239	Borderline high
≥240	High

#### HDL cholesterol (mg/dL)

<40	Low
≥60	High

#### Serum Triglycerides (mg/dL)

<150	Normal
150-199	Borderline high
200-499	High
≥500	Very high

Adapted from National Cholesterol Education Program: Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) Executive Summary: accessed at [http://www.nhlbi.nih.gov/guidelines/cholesterol/atp\\_iii.htm](http://www.nhlbi.nih.gov/guidelines/cholesterol/atp_iii.htm)

LDL = low-density lipoprotein; HDL = high-density lipoprotein.

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