

CHOLESTEROL LEVELS-LDL (BAD)-HDL (GOOD)

TOTAL CHOLESTEROL					LDL (bad) CHOLESTEROL					HDL (good) CHOLESTEROL					TRIGLYCERIDES						
2004	2006	2008	2011		2004	2006	2008	2011		2004	2006	2008	2011		2004	2006	2008	2011			
390					320					130					625					Yellow is Bad	
380					310					125					600						White is Borderline
370					300					120					575						
360					290					115					550				Very High		
350					280					110					525						
340					270					105					500						
330					260					100					475						
320					250					95					450						
310				Very High	240					90					425						
300					230					85					400						
290					220				Very High	80					375						
280					210					75					350						
270					200					70					325				High		
260				High	190					65					300						
250					180				High	60					275						
240					170					55					250						
230					160					49					225						
220					150					45	44	46	45		200						
210					140					40					175						
196	198		195		130	131				35					150				Normal		
190		188			120		119	123		30				High Risk	131				133		
180				Good	110				Good	25					100	111	110				
170					100*					20					75						
160					90				Very Good	15					50						
150				Very Good	80					10					25						
140					70*					5					0						
130					60					0											
120					50																
110					40																

TOTAL/HDL Cholesterol Ratio			
7.0			
6.5			Very High
6.0			
5.5			
5.0			High
4.5	4.5		4.3
4.0			4.1
3.5			Good
3.0			
2.5			
2.0			
1.5			
1.0			
0.5			
0.0			