

Cholesterol Levels

DANGEROUS

Cholesterol
**240
& Higher**

LDL Cholesterol
**160
& Higher**

HDL Cholesterol
Under 40
(Male)
Under 50
(Female)

AT - RISK

Cholesterol
200 - 239

LDL Cholesterol
100 - 159

HDL Cholesterol
40 - 59
(Male)
50 - 59
(Female)

HEART HEALTHY

Cholesterol
Under 200

LDL Cholesterol
Under 100

HDL Cholesterol
**60
& Higher**