Medical Self-Assessment
Cholesterol Risk Table

TC (total blood cholesterol)

Good	< 200 mg/dL
Borderline	200-239 mg/dL
High	≥ 240 md/dL

HDL (high density lipoprotein = Good)

Ideal	≥ 60 mg/dL
Risk	< 40 mg/dL (men)
Risk	< 50 mg/dL (women)

LDL (low density lipoprotein = Bad)

Ideal	< 100 mg/dL
Good	100-129 mg/dL
Borderline	130-159 mg/dL
High	160-189 mg/dL
Extreme	≥ 190 mg/dL

Triglycerides (common type of fat in body)

Ideal	< 100 mg/dL
Good	100-150 mg/dL
Borderline	150-199 mg/dL
High	200-499 mg/dL
Extreme	≥ 500 mg/dL

TC/HDL Ratio*

Ideal	< 3.5 to 1
Average	3.5-4.5 to 1
High	≥ 4.5 to 1

mg/dL = milligrams per deciliter

*To calculate TC/HDL Ratio, divide HDL into TC (example: 200 mg/dL TC ÷ 50 mg/dL HDL provides a 4 to 1 ratio)

Sources:

https://www.heart.org/en/health-topics/cholesterol/about-cholesterol/what-your-cholesterol-levels-mean

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http://my.clevelandclinic.org/health/articles/what-do-cholesterol-numbers-mean

https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/lipid-panel

https://www.webmd.com/cholesterol-management/understanding-numbers