

Cholesterol Levels

DANGEROUS

Total Cholesterol
240 and higher

LDL Cholesterol
160 and higher

HDL Cholesterol
Under 40 (male) Under 50 (female)

AT-RISK

Total Cholesterol
200-239

LDL Cholesterol
100-159

HDL Cholesterol
40-59 (male) 50-59 (female)

HEART-HEALTHY

Total Cholesterol
Under 200

LDL Cholesterol
Under 100

HDL Cholesterol
60 and higher



Cholesterol Counter News Week

Huangqi Zhang



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