

Recommended Guidelines

All Ages

Glucose

(American Diabetes Association recommendations for fasting values.)

Normal	< 100 mg/dL
Pre-Diabetic	100 - 125 mg/dL
Diabetic	> 126 mg/dL

Children & Adolescents (2 - 19 years old)

Total Cholesterol*

Acceptable	< 170 mg/dL
Borderline	170 - 199 mg/dL
High Risk	> 200 mg/dL

LDL*

Acceptable	< 110 mg/dL
Borderline	110 - 129 mg/dL
High Risk	> 130 mg/dL

HDL*

Acceptable	≥ 35 mg/dL
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Triglyceride*

Acceptable	≤ 150 mg/dL
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Adults

Cholesterol*

Desirable Level - Lower Risk	< 200 mg/dL
Borderline High - Higher Risk	200 - 239 mg/dL
High - Twice the Risk	240 - and above

Triglyceride*

Normal	< 150 mg/dL
Borderline High	150 - 199 mg/dL
High	200 - 499 mg/dL
Very High	500 mg/dL and above

HDL*

Higher Risk	< 40 mg/dL
Borderline Risk**	40 - 59 mg/dL
Lower Risk	> 60 mg/dL

***The higher your HDL the better*

LDL*

Optimal	< 100 mg/dL
Near or Above Optimal	100 - 129 mg/dL
Borderline High	130 - 159 mg/dL
High	160 - 189 mg/dL
Very High	190 mg/dL or above

Cholesterol/HDL Ratio

	<u>Female</u>	<u>Male</u>
Low Risk	Up to 1.5	Up to 1.0
Average Risk	1.6 - 3.2	1.1 - 3.5
Above Average Risk	3.3 - 5.0	3.7 - 6.3
High Risk	5.1 - 6.1	6.1 - 8.0

* American Heart Association recommendations for fasting values.

Consult with your physician or other healthcare professional to determine your individual target values and treatment.

