

# National Cholesterol Education Program Cholesterol Guidelines

	<b>Desirable</b>	<b>Borderline High</b>	<b>High</b>
<b>Total Cholesterol</b>	<b>Less than 200</b>	<b>200 - 239</b>	<b>240 and higher</b>
<b>LDL Cholesterol</b> (the "bad" cholesterol)	<b>Less than 130</b>	<b>130 - 159</b>	<b>160 and higher</b>
<b>HDL Cholesterol</b> (the "good" cholesterol)	<b>50 and higher</b>	<b>40 - 49</b>	<b>Less than 40</b>
<b>Triglycerides</b>	<b>Less than 200</b>	<b>200 - 399</b>	<b>400 and higher</b>

# National Cholesterol Education Program Guidelines And Support

**Judd E. Hollander**



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