



What are Normal Cholesterol Levels?

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable level that puts you at lower risk for coronary heart disease. A cholesterol level of 200 mg/dL or higher raises your risk.
200 to 239 mg/dL	Borderline high
240 mg/dL and above	High blood cholesterol. A person with this level has more than twice the risk of coronary heart disease as someone whose cholesterol is below 200 mg/dL.

HDL Cholesterol Level	Category
For men: Less than 40 mg/dL For women: Less than 50 mg/dL	Low HDL cholesterol. A major risk factor for heart disease.
60 mg/dL and above	High HDL cholesterol. An HDL of 60 mg/dL and above is considered protective against heart disease.

LDL Cholesterol Level	Category
Less than 100 mg/dL	Optimal
100 to 129 mg/dL	Near or above optimal
130 to 159 mg/dL	Borderline high
160 to 189 mg/dL	High
190 mg/dL and above	Very high

Triglyceride Level	Category
Less than 100 mg/dL	Optimal
Less than 150 mg/dL	Normal
150–199 mg/dL	Borderline high
200–499 mg/dL	High
500 mg/dL and above	Very high

Your total cholesterol score is calculated by the following:

HDL + LDL + 20% of your triglyceride level

Tips to manage your risk of high cholesterol.

- **Read food labels** and choose foods with low cholesterol and saturated fat levels. It is recommended to keep daily cholesterol intake between 250 and 300 milligrams and make sure to limit saturated fat intake.

Nutrition Facts	
Serving Size 1 Container (8 oz.)	
Amount Per Serving	
Calories 127	Calories from Fat 4
% Daily Value*	
Total Fat <1g	0%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 175mg	8%
Total Carb 17g	6%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 13g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 2%

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<250-300 mg

- **Limit your intake of red meat and eggs** to reduce your saturated fat and cholesterol. Choose skim milk, low fat or fat-free dairy products. Limit fried food, and use healthy oils in cooking, such as vegetable oil.



- **Increase the amount of fiber you eat.** A diet high in fiber can help lower cholesterol levels by as much as 10 percent.



- **Check your family history of high cholesterol.** Are you more prone to high cholesterol based on genetics? If so, take steps to minimize your risk through diet and exercise.
- **Lose extra weight.** A weight loss of 10 percent can go a long way to reversing, or lowering your risk of hyperlipidemia.
- **Stop Smoking.**

