

Total Blood Cholesterol Levels

Category Cholesterol Range

Desirable less than 200 mg/dL

Borderline high 200 to 239 mg/dL

High 240 mg/dL or above

LDL Blood Cholesterol Levels

Category Cholesterol Range

Optimal less than 100 mg/dL

Near optimal/above optimal 100 to 129 mg/dL

Borderline-high 130 to 159 mg/dL

High 160 to 189 mg/dL

Very high 190 mg/dL and above

HDL Blood Cholesterol Levels

Category Cholesterol Range

Optimal Above 60 mg/dL. Levels above 60 mg/dL are considered especially beneficial and can offset risk factors for heart disease

Desirable 40 to 59 mg/dL. The higher your level, the healthier it is

Major risk factor for heart disease less than 40 mg/dL

Triglyceride Levels

Category Range

Normal less than 150 mg/dL

Borderline high 150 to 199 mg/dL

High 200 to 499 mg/dL

Very high 500 mg/dL or higher

Cholesterol Ranges for Children, Ages 2 to 19

Category Total Blood Cholesterol Ranges LDL Blood Cholesterol Ranges HDL Blood Cholesterol Ranges Triglyceride Range

Acceptable less than 170 mg/dL less than 110 mg/dL Should be greater than or equal to 35 mg/dL Should be less than or equal to 150 mg/dL

Borderline high 170 to 199 mg/dL 110 to 129 mg/dL - - - --

High 200 mg/dL or greater 130 mg/dL or greater - - - --

Blood Pressure alerts:

Category	Systolic BP (mm Hg)	Diastolic BP (mm Hg)
Normal	below 120	and below 80
Prehypertension	120 - 139	or 80 - 89
Hypertension Stage 1	140 -159	or 90 - 99
Hypertension Stage 2	160 and above	or 100 and above

Blood Glucose alerts (for fasting)

The normal, nondiabetic range for blood glucose is from 70 to 110 mg/dL. A level over 126 mg/dL usually means diabetes (except for newborns and some pregnant women). A fasting blood glucose test of 110 mg/dL or greater, but less than 126 mg/dL, indicates impaired fasting glucose, now recognized as a condition (called pre-diabetes) that typically precedes the development of diabetes.