

## Fast Facts

### Lipid Panel

<b>Total Cholesterol</b>	<200 = Desirable 200-239 = Borderline >240 = High	<b>Tryglycerides</b>	<150 = Desirable 150-199 = Borderline 200-499 = High >500 = Very High
<b>LDL</b>	<70 = Best for those with hd/d <100 = Optimal for those with hd/d 100-129 = Near optimal for those with no hd/d and high for those with 130-159 = Borderline for no hd/d & high for those with 160-189 = High for no hd/d & very high for those with >190 = Very high  hd/d = heart disease/diabetes	<b>HDL</b>	<40 (men) & <50 (women) = Poor 50-59 = Better >60 = Best

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