



New Cholesterol Limits

Why do you need to know? Because current limits were set by the National Cholesterol Education Program back in 1993, and a lot has changed since then. The new guidelines, released this year, introduce much lower LDL allowance. LDL is the "bad" cholesterol that clogs arteries and causes health problems. Below is a chart for quick reference, although you should always consult your physician for an accurate reading.

LDL "Bad" Cholesterol:

Less than 100: Optimal
100-129: Near or above
Optimal
130-159: Borderline high
160-189: High
190 or higher: Very high

HDL "Good" Cholesterol:

Less than 40: Low
60 or higher: High

Total Cholesterol:

Less than 200
Desirable
200-239:
Borderline high
240 or higher:
High