

Lab Results	Cholesterol		HDL Cholesterol		Triglycerides		LDL Cholesterol		Glucose		
Optimal	Less 200		Above 60		Less 150		Less 130		80 - 100		
Intermediate	200 - 239		40 - 60		150 - 199		130 - 159		101 - 125		
High	Above 239		Less 40		Above 199		Above 159		Above 126		
Date Taken	mg/dL	mmol/L	mg/dL	mmol/L	mg/dL	mmol/L	mg/dL	mmol/L	mg/dL	mmol/L	A1C