

Total Cholesterol Level**Category**

Less than 200 mg/dL

Desirable

200-239 mg/dL

Borderline high

240 mg/dL and above

High

LDL Cholesterol Level**LDL Cholesterol Category**

Less than 100 mg/dL

Optimal

100-129 mg/dL

Near optimal/above optimal

130-159 mg/dL

Borderline high

160-189 mg/dL

High

190 mg/dL and above

Very high

**Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.*