

GuidanceResources®

Healthy Cholesterol Levels



High cholesterol is a major risk factor for heart disease, heart attack and stroke. The American Heart Association recommends that all adults age 20 or older have their cholesterol levels tested with a fasting lipoprotein profile. It's a simple blood test that is done after a nine- to 12-hour fast.

To reduce your risk for heart disease, aim for these numbers:

- Total cholesterol: 200 or less
- HDL ("good") cholesterol: 60 and above
- LDL cholesterol: 100 or less
- Triglycerides: 150 or less
- Blood pressure: 120/80 or less

Numbers too high?

You can improve your cholesterol levels and reduce your risk for heart disease by quitting smoking, maintaining a healthy weight and getting more active. Talk to your doctor about exercise and other steps you can take to lower your cholesterol.

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