

Cholesterol Level Chart by Age

CHOLESTEROL LEVEL CHART BY AGE

Name: _____ Date: _____ dd / mm / yyyy

Age: _____

Gender:

☐ Male ☐ Female

Reference Values by Age Group and Gender:Adults Male: Total Cholesterol < 200 (Desirable), LDL < 100 (Optimal), HDL 40-59 (Better if higher), Triglycerides < 150 (Normal)Adults Female: Total Cholesterol < 200 (Desirable), LDL < 100 (Optimal), HDL 50-59 (Better if higher), Triglycerides < 150 (Normal)Children (10-19) Male: Total Cholesterol < 170 (Desirable), LDL < 110 (Optimal), HDL > 45 (Acceptable), Triglycerides < 90 (Normal)Children (10-19) Female: Total Cholesterol < 170 (Desirable), LDL < 110 (Optimal), HDL > 45 (Acceptable), Triglycerides < 90 (Normal)Children (0-9) Male: Total Cholesterol < 170 (Desirable), LDL < 110 (Optimal), HDL > 45 (Acceptable), Triglycerides < 75 (Normal)Children (0-9) Female: Total Cholesterol < 170 (Desirable), LDL < 110 (Optimal), HDL > 45 (Acceptable), Triglycerides < 75 (Normal)

CHOLESTEROL TEST RESULTS

Total Cholesterol (mg/dL): _____ LDL Cholesterol (mg/dL): _____

HDL Cholesterol (mg/dL): _____ Triglycerides (mg/dL): _____

Additional Notes