

# Cholesterol Level Chart by Age

Understanding cholesterol levels is key in assessing cardiovascular risk and supporting preventive care strategies. This chart provides a clear, at-a-glance reference to help you interpret cholesterol readings across age groups, inform treatment plans, and guide patient conversations.

Why are cholesterol levels important?				
<p>Cholesterol is a vital component in various bodily functions, including hormone production, digestion, and cellular structure. However, when cholesterol levels—particularly low-density lipoprotein (LDL or “bad”) cholesterol—are too high, it can increase the risk of heart disease, stroke, and atherosclerosis.</p> <p>Monitoring and managing cholesterol is a critical aspect of patient care, especially in populations with cardiovascular risk factors, diabetes, or a family history of heart disease.</p>				
Recommended cholesterol levels by age				
Age group	Total cholesterol	LDL (bad) cholesterol	HDL (good) cholesterol	Triglycerides
19 and younger	Below 170 mg/dL	Below 110 mg/dL	Above 45 mg/dL	Below 150 mg/dL
20+ (men)	Below 200 mg/dL	Below 100 mg/dL	≥ 40 mg/dL ≥ 60 mg/dL is best	Below 150 mg/dL
20+ (women)	Below 200 mg/dL	Below 100 mg/dL	≥ 50 mg/dL ≥ 60 mg/dL is best	Below 150 mg/dL
<p><i>Triglycerides aren’t cholesterol but are measured in a cholesterol test. Levels under 150 mg/dL are normal, while 150 mg/dL or higher may require treatment.</i></p>				
Additional notes				