

Cholesterol Level Chart by Age

Name:

Date:

Age:

Gender:

| Age Group | Gender | Total Cholesterol (mg/dL) | LDL Cholesterol (mg/dL) | HDL Cholesterol (mg/dL) | Triglycerides (mg/dL) |
|------------------|--------|---------------------------|-------------------------|-------------------------------|-----------------------|
| Adults | Male | < 200 (Desirable) | < 100 (Optimal) | 40 - 59 (Better if higher) | < 150 (Normal) |
| | Female | < 200 (Desirable) | < 100 (Optimal) | 50 - 59 (Better if higher) | < 150 (Normal) |
| Children (10-19) | Male | < 170 (Desirable) | < 110 (Optimal) | > 45 (Acceptable) | < 90 (Normal) |
| | Female | < 170 (Desirable) | < 110 (Optimal) | > 45 (Acceptable) | < 90 (Normal) |
| Children (0-9) | Male | < 170 (Desirable) | < 110 (Optimal) | > 45 (Acceptable) | < 75 (Normal) |
| | Female | < 170 (Desirable) | < 110 (Optimal) | > 45 (Acceptable) | < 75 (Normal) |

Cholesterol Test Results

| Total Cholesterol (mg/dL) | LDL Cholesterol (mg/dL) | HDL Cholesterol (mg/dL) | Triglycerides (mg/dL) |
|---------------------------|-------------------------|-------------------------|-----------------------|
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Additional Notes