

HEALTHY BODY NUMBERS / CHOLESTEROL

	UNIT	OPTIMAL	INTERMEDIATE	HIGH
Total Cholesterol	mmol/L	< 5.2	5.3 - 6.2	> 6.2
LDL Cholesterol	mmol/L	< 3.36	3.36 - 4.11	> 4.11
HDL Cholesterol	mmol/L	> 1.55	1.03 - 1.55	< 1.03

Note: Cholesterol is carried in the blood attached to proteins called lipoproteins. There are two main forms, LDL (low density lipoprotein) and HDL (high density lipoprotein). LDL cholesterol is often referred to as "bad cholesterol" because too much is unhealthy. HDL is often referred to as "good cholesterol" because it is protective. mmol/L = millimoles per litre. Source: NHS guidelines.