

Lipids

Lipid Levels - The amounts of fats in your bloodstream. These should be checked regularly, preferably in a fasted state (after 12 hours with no food or drinks other than water).

- **Total Cholesterol** - Your total mix of good and bad cholesterol.
 - below 200 milligrams per deciliter (mg/dL) of blood is considered *ideal*
 - 201 to 239 mg/dL is considered *borderline*
 - 240 mg/dL or more is considered *high*.
- **LDL Cholesterol** - One of the two "bad" types of cholesterol.
 - below 100 mg/dL is considered *ideal*
 - 160 mg/dL or more is considered *high*.
- **VLDL Cholesterol** - The other "bad" cholesterol. It is calculated indirectly as a percentage of your triglycerides. *A normal VLDL is usually between 5 and 40 mg/dL.*
- **HDL Cholesterol** - The "good" type of cholesterol.
 - 60 mg/dL or higher is considered *ideal*
 - 40 to 59 mg/dL is considered *normal*
 - below 40 mg/dL is *too low*.
- **HDL/LDL Ratio** - The HDL/LDL ratio looks at the ratio of good cholesterol to bad cholesterol. The ratio is determined by dividing the LDL cholesterol into the HDL cholesterol. For example, if a person has an HDL cholesterol of 50 mg/dL and an LDL cholesterol of 150 mg/dL, the HDL/LDL ratio would be 0.33. *The goal is to keep the HDL/LDL ratio above 0.3, with the ideal HDL/LDL ratio being above 0.4.*
- **Triglycerides**
 - below 150 mg/dL is considered *ideal*
 - greater than 200 mg/dL is considered *high*.