

Name: _____

My LDL goal: _____

My non-HDL goal: _____

Date	Units circle one	Total	LDL	HDL	Trigly- cerides	Non-HDL total – HDL	Fasting? Y / N	Notes medicines, diet changes, how you felt
	mg/dL mmol/L							
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General adult ranges

TEST	MG/DL	MMOL/L	MEANING
Total	Under 200	Under 5.2	Desirable
LDL	Under 100	Under 2.6	Optimal for most people
HDL	Under 40 (men), 50 (women)	Under 1.0 (men), 1.3 (women)	Low
HDL	60 and above	1.5 and above	Generally protective
Triglycerides	Under 150	Under 1.7	Normal
Non-HDL	Under 130	Under 3.4	Desirable for most adults

Good to know

NHS guide (mmol/L): total below 5, non-HDL below 4, HDL above 1.0 (men) or 1.2 (women).

Converting: cholesterol mg/dL ÷ 38.67 = mmol/L; triglycerides mg/dL ÷ 88.57 = mmol/L.

Your goal depends on your overall heart risk. Ask your doctor what it is and write it at the top.

Test the same way each time (fasting or not) so results compare fairly.