

Cholesterol Assessment

Mission 3-1 Cholesterol Meter

Date

Please fill in your test results below

Cholesterol Target values	mmol/l	mg/dl	meaning	TEST 1.	TEST 2.	TEST 3.	TEST 4.
Total Cholesterol (TC)	< 5,2 < 5,2 < 6,5 > 8,0	< 200 200 - 239 240 - 312 > 312	Normal Slightly increased Increased Greatly increased				
HDL	> 1,5	> 60	Recommended				
Triglycerides	< 1,7	< 150	Recommended				
Cholesterol Ratio (TC/HDL)	< 4	< 4	Recommended				
LDL	< 3,4	< 130	Recommended				

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