

## Reference values for Lipids (Fats) tests

### Total cholesterol:

5.0 mmol/L or less

### High density lipoprotein (HDL) cholesterol:

The HDL collects excess cholesterol from around your body and brings it to your liver to dispose of.

People often think of it as "the good cholesterol".

1.0 mmol/L or more

### Low density lipoprotein (LDL) cholesterol:

The LDL carries cholesterol around your body and deposits it in the artery (blood vessel) walls, so over a long time may cause blockage.

People often think of it as "the bad cholesterol".

3.0 mmol/L or less

### Total cholesterol / HDL ratio:

This is simply a mathematical calculation. Divide the TC number by the HDL number.

Ideally the mathematical result is 4 or less.

Anything above 6 means a high risk.

### Triglycerides:

2.2 mmol/L or less

**Please note:** these numbers are for reference only; they may vary between laboratories in different areas. If you have any doubt please speak to your doctor.