

# Cholesterol Guidelines Worksheet

Determine if you have risk factors for high cholesterol by answering the following questions:

Do you have a family history of heart disease?

Do you have a BMI (body mass index) of over 25?  
(see chart below to calculate BMI)

Are you a male over the age of 45 or a female over the age of 55?

Do you often eat fast food or foods high in trans fats?

Do you live a very sedentary lifestyle, meaning you do not engage in physical activity on a very regular basis?

If you answered "yes" to one or more of these questions, speak with your doctor to set up blood work to check your cholesterol.

## To calculate your BMI:

Your height in inches squared

(multiplied by itself) = **A**

Your weight in pounds = **B**

**(B divided by A) x 703 = BMI**

18.5-24.9    Considered Normal Weight

25.0-29.9    Considered Overweight

30.0- greater    Considered Obese

Provided by: [www.renaldiethq.com](http://www.renaldiethq.com)

Once you receive your blood cholesterol readings, here are the guidelines:

## LDL Cholesterol (Bad)

70mg/dL or below = Good

130mg/dL-159mg/dL = Borderline

160mg/dL or above = High

## HDL Cholesterol (Good)

Below 40mg/dL = Low- varies by gender

40mg/dL-60mg/dL = Mostly good

60mg/dL and above = Great

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