

Cholesterol Ratio Calculator

Knowing your **total blood cholesterol** level is an important first step in determining your risk for heart disease. The second step is even more critical which is knowing your HDL ("good") cholesterol level. Determining the cholesterol ratio -- which is total cholesterol divided by the HDL cholesterol -- is an indicator in determining heart disease risk.

Total blood cholesterol is the most common measurement of blood cholesterol. The following guidelines are provided to for you to determine your Cholesterol and heart disease risk.

Cholesterol ratio

Optimum Cholesterol Ratio 3.5:1

Cholesterol Ratio < 5:1

Total cholesterol

Less than 200 mg/dL - Desirable blood cholesterol

200 to 239 mg/dL - Borderline-high blood cholesterol

240 mg/dL and over - High blood cholesterol

HDL cholesterol

Less than 35 mg/dL - Low HDL cholesterol

LDL cholesterol

LDL Cholesterol <160 mg/dL

Other tools for assessing health risks are the [Body Mass Index Calculator](#) and [Waist to Hip Ratio Calculator](#). Your family history for diabetes, heart disease, high blood pressure and stroke is important. Consult with your physician or health care professional regarding your health risk.