

Table 5 Serum lipids by age and sex

Lipid/age (years)	Males				Females			
	Percentile				Percentile			
	75th	50th	25th	Mean	75th	50th	25th	Mean
<i>Total cholesterol (mg/dL)</i>								
20–29	200	177	153	180	201	177	155	181
30–39	229	202	175	204	225	198	173	201
40–49	238	212	184	213	239	212	187	215
50–59	237	213	186	214	275	243	212	246
60–69	242	213	186	216	275	244	216	247
<i>Triglycerides (mg/dL)</i>								
20–29	170	114	81	144	130	91	68	110
30–39	229	161	112	191	180	121	86	145
40–49	253	176	122	214	220	156	111	180
50–59	234	169	122	195	255	184	134	215
60–69	219	149	106	180	251	177	129	205
<i>LDL-cholesterol (mg/dL)</i>								
20–29	129	110	90	112	131	109	92	113
30–39	153	129	107	130	149	126	104	128
40–49	159	135	111	137	157	134	113	137
50–59	158	137	116	138	183	156	132	159
60–69	164	139	116	142	185	159	133	161
<i>HDL-cholesterol (mg/dL)</i>								
20–29	46	39	32	39	53	46	39	46
30–39	42	35	32	38	53	42	39	45
40–49	42	35	32	38	49	42	35	43
50–59	42	39	32	38	53	46	39	46
60–69	46	39	32	40	53	46	39	46

LDL = low-density lipoprotein; *HDL* = high-density lipoprotein.