

Low-density lipoprotein (LDL)	Lipid protein complex that transports cholesterol from the liver to other tissues within the body. LDL is often referred to as the “bad” cholesterol. LDL levels above 160 mg/dL (4.1 mmol/L) are considered to be high.
High-density lipoprotein (HDL)	Lipid protein complex that transports cholesterol from the tissues to the liver for excretion and re-utilization. HDL is often referred to as the “good” cholesterol. HDL levels of <40 mg/dL (<1.03 mmol/L) are associated with an increased risk for CVD.
Total cholesterol (TC)	Total amount of all cholesterol in the blood (increased TC related to increased risk for CVD)
Triglycerides (TG)	High energy fatty acids which form much of the fat stored by the body