

Cholesterol and triglyceride levels conversion

In the UK cholesterol levels are measured in millimoles per litre (mmol/l). However, if you have your cholesterol levels tested in Europe or USA, your result will be measured in milligrams per deciliter (mg/dl).

How to convert

To convert from one to the other please use the following formula:-

To convert cholesterol levels:-

Cholesterol mg/dl = mmol/l x 38.6

Cholesterol mmol/l = mg/dl ÷ 38.6

To convert triglyceride levels:-

Triglyceride mg/dl = mmol/l x 88.5

Triglyceride mmol/l = mg/dl ÷ 88.5

Examples

Cholesterol 5 mmol/l = 193 mg/dl (ie 5 X 38.6)

Cholesterol 3 mmol/l = 116 mg/dl (ie 3 X 38.6)

Triglyceride 2mmol/l = 177mg/dl (ie 2 X 88.5)