

**TABLE 21-2** Major Classes of Human Plasma Lipoproteins: Some Properties

<i>Lipoprotein</i>	<i>Density (g/mL)</i>	<i>Composition (wt %)</i>				
		<i>Protein</i>	<i>Phospholipids</i>	<i>Free cholesterol</i>	<i>Cholesteryl esters</i>	<i>Triacylglycerols</i>
Chylomicrons	<1.006	2	9	1	3	85
VLDL	0.95-1.006	10	18	7	12	50
LDL	1.006-1.063	23	20	8	37	10
HDL	1.063-1.210	55	24	2	15	4

Source: Modified from Kritchevsky, D. (1986) Atherosclerosis and nutrition. *Nutr. Int.* 2, 290-297.