

CHOLESTEROL

Cholesterol
Heart disease
Other factors
Liver
Eating food
Saturated fat
Trans fat
Each type
Ranges
Oils
Lifestyle



185!



What is cholesterol?

Cholesterol is a waxy substance found in all parts of your body. It helps make some hormones, vitamin D, and helps you digest food.

What are other causes of high cholesterol?

There are many things that control how much cholesterol is in your body, such as age, whether you're a boy or a girl, weight, if it runs in your family, physical activity, and what you eat. Too much cholesterol in your body can lead to health problems like heart disease. The heart gets less oxygen because blood takes longer to get through your body.

How do we get cholesterol?

There are two ways to get cholesterol. Your body – mainly your liver – makes all the cholesterol your body needs. The other way to get cholesterol is through food.

What are types of fat that increase cholesterol?

Eating too much saturated fat and trans fats can lead to high cholesterol. Saturated fat is mostly found in food from animals, such as beef, lamb, pork, butter, and cream. Trans fats are made when liquid oils harden to make solid fats, like shortening and margarine.

What are the two types of cholesterol?

HDL is the good cholesterol and helps remove cholesterol from the blood. LDL is the bad cholesterol, and when there is too much, it can block your arteries so blood can't get through.

Where should my cholesterol be?

Total cholesterol less than 200 mg/dL is good. If it is between 200-239 mg/dL it is borderline high, and anything greater than 240 mg/dL is high cholesterol.

How do I keep my cholesterol at a healthy level?

To make sure there isn't too much cholesterol in your body, eat heart-healthy foods, such as fruits, vegetables, whole grains, and use healthy oils instead of butter. Be good to your heart!