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Cholesterol clarity pdf download

Is cholesterol in egg yolks the good or bad type? Can you burn cholesterol by exercising? What has more cholesterol, a tablespoon of butter or a cup of peanut butter? Most people know that fat is bad for them, but two-thirds of Americans are confused about how cholesterol differs from fats. The issue of fat is actually the most clearly defined issue in nutrition. Yes, most Americans should cut fat. They have to do it now and for the rest of their lives, for the sake of their hearts, health and waists. Can cholesterol and exercise burn cholesterol? Cholesterol is a type of lipid, such as fats. However, unlike fat, cholesterol cannot be exercised, sweated or burned for energy. It is found only in animal products, including meat, chicken, fish, eggs, organ meats and high-fat dairy products. Is cholesterol good or bad? Just as homemade oil and vinegar dressing is separated into a watery pool with a topping of fat, so too do fats and cholesterol if they were poured directly into the blood. To solve this dilemma, the body carries fat and cholesterol by coating them with a soluble bubble in protein water. This protein-fat bubble is called lipoprotein. Low density lipoproteins (LDL) bring cholesterol to tissues. This is bad cholesterol, as high levels of LDL are linked to an increased risk of heart disease. High density lipoproteins (HDLs) bring excess cholesterol back to the liver, which processes and excretes cholesterol. HDLs are good cholesterol; The more HDL you have, the lower your risk for developing heart disease. Test cholesterol Your risk for heart disease can be evaluated with a blood cholesterol test. In this test, your total cholesterol reading should approximate the sum of your LDL, HDL, and other lipoproteins. If you have 3.5 mg of total cholesterol, or less, for every 1 mg of HDLs, then your cholesterol ratio is ideal. According to the guidelines of the National Cholesterol Education Program: Total cholesterol should remain below 200 mg/dL, unless HDL is high. LDL should be less than 130 mg / dL. HDL should be 40 mg / dL or higher. However, if you have any risk factors for heart disease, you will want to get your LDL even lower, less than 100 is optimal. What are triglycerides? Fats that supply calories, float in the blood, and accumulate in the thighs and hips are called triglycerides. They can be saturated or unsaturated, and unsaturated can be monounsaturated or polysaturated. For every ounce of triglycerides you eat, you add 250 calories (or 9 calories per gram - the weight of a raisin) to your diet. Only saturated fats increase blood levels and risk of heart disease. Which ones are saturated? In general, the harder a fat is, the more saturated it is. Beef and dairy fats are mostly saturated fats. Liquid oils are usually unsaturated fats, including olive monounsaturated fats and polyunsaturated oils and fats in safflower, corn, soybeans and fish oils. Coconut, palm and palm oils are exceptions to the rule: these liquid vegetable oils are highly saturated fats. The fear of frying food with a lot of saturated fat increases your risk of heart disease; this makes the amount of bad LDLs in your blood increase while good HDLs decrease. Cut out saturated fat, and your blood cholesterol levels and your risk of falling heart disease. Your risk of cancer also decreases. A diet with more polyunsaturated fats, rather than saturated fats, reduces total blood cholesterol levels, but unfortunately HDL levels also fall, so you lose both good and bad cholesterol. Olive oil is another story. This oil reduces total blood cholesterol and LDL cholesterol without causing HDL levels to fall. By using olive oil, you can lower your total cholesterol levels, maintaining your HDL levels, thus reducing your risk of heart disease. Fish oil also reduces the risk of heart disease. Consequently, olive and fish are the oils of choice. The Lowdown on Trans Fats Hydrogenated fats are liquid vegetable oils made creamy when manufacturers convert some of the unsaturated fats into saturated through a process called hydrogenation. This process also reorganizes the molecular shape of the remaining unsaturated fats. The resulting shape is an abnormal trans form. Trans fatty acids make up to 60% of the fat in processed foods containing hydrogenated fats. TFA increases blood cholesterol levels and increases the risk of heart disease just like saturated fats. Knowing your fats gives you an advantage when it comes to buying and preparing the right foods to eat. And when you move away from saturated fat and trans fatty acids, you can live a healthy heart life. The bottom line is: Eat less fat, especially saturated fat. Limit the intake of fatty meats, fatty dairy products and processed foods containing hydrogenated vegetable oil. Use olive oil, but in moderation if you are seeing your weight. Fill your dish with fruits, vegetables, whole grains, fish and pulses. Sources: IMAGES PROVIDED BY: REFERENCES: Medically reviewed by John A. Daller, MD, American Board of Surgery with surgical critical care subspecialty certification August 17, 2017 Journal of Food Science and Technology, vol. 48, 2011: Trans Fats-Sources, Health Risks and Alternative Approach - A Review. Medical reference WebMD The body uses cholesterol to create hormones and other substances necessary to digest food. Although the body can produce its own, we also consume it in our food. It travels through the blood in lipoproteins, which consist mainly of fat and cause problems in a high amount. High levels can adversely affect your health and increase your risk of developing heart disease. However, there are two types of lipoprotein. These include low density lipoproteins (LDL) and high density lipoproteins (HDL). LDL carries cholesterol around the body and will obstruct when there is an excess. This guy is good. HDL specifically brings cholesterol to the liver where it breaks down and is expelled from the body. This guy is bad. Some foods are higher in cholesterol than others. If you are worried about your heart health, you should try cutting fatty foods such as bacon, butter and coconut cream out of your diet. These days there are plenty of healthy alternatives you can find at your local grocery store. Give the turkey bacon a chance, you'd like it! URL of this page: It is also said: Hypercholesterolemia, Hyperlipidemia, Hyperlipidemia Cholesterol is a waxy substance, similar to fat found in all cells in your body. Your body needs some cholesterol to make hormones, vitamin D, and substances that help you digest food. Your body does all the cholesterol you need. Cholesterol is also found in foods from animal sources, such as egg yolks, meat and cheese. If you have too much cholesterol in your blood, you can combine it with other substances in your blood to form plaque. Plaque adheres to the walls of your arteries. This accumulation of plaque is known as atherosclerosis. It can lead to coronary artery disease, where your coronary arteries become narrow or even blocked. What are HDL, LDL and VLDL? HDL, LDL and VLDL are lipoproteins. They are a combination of fat (lipid) and protein. Lipids must be attached to proteins so they can move through the blood. Different types of lipoproteins have different purposes: HDL means high density lipoprotein. Sometimes it's called good cholesterol because it brings cholesterol from other parts of your body back to your liver. Your liver then removes cholesterol from your body. Sometimes it is called bad cholesterol because a high level of LDL leads to plaque accumulation in your arteries. VLDL means very low density lipoprotein. Some people also call VLDL a bad cholesterol because it also contributes to plaque build-up in their arteries. But VLDL and LDL are different: VLDL mainly carries triglycerides and LDL mainly carries cholesterol. What causes high cholesterol? The most common cause of high cholesterol is an unhealthy lifestyle. This can include unhealthy eating habits, such as eating lots of bad fats. One type, saturated fat, is found in some meats, dairy products, chocolate, pastries and fried and processed foods. Another type, trans fat, is found in some fried and processed foods. Eating these fats can raise LDL cholesterol (bad). Lack of physical activity, with a lot of sitting and little exercise. This reduces HDL cholesterol (good). Smoking, which lowers HDL cholesterol, especially in women. It also increases LDL cholesterol. Genetics can also people have high cholesterol. For example, family hypercholesterolemia (FH) is an inherited form of high cholesterol. Other medical conditions and certain medications can also cause What can raise my risk of high cholesterol? A variety of things can increase your risk for high cholesterol: Age. Your cholesterol levels tend to increase as you get older. Although less common, younger people, including children and adolescents, may also have high cholesterol. High blood cholesterol can run in families. Weight. Being overweight or obese increases your cholesterol level. Run. Certain breeds may have an increased risk of high cholesterol. For example, African Americans typically have higher levels of HDL and LDL cholesterol than whites. Weight. Being overweight or obese increases your cholesterol level. What health problems can cause high cholesterol? If you have large plate deposits in your arteries, a plate area can break (break open). This can cause a blood clot to form on the surface of the plate. If the clot gets big enough, it can block mostly or completely blood flow into a coronary artery. If the flow of oxygen-rich blood to the heart muscle is reduced or blocked, it can cause angina (chest pain) or a heart attack. Plaque can also build on other arteries in your body, including arteries that carry oxygen-rich blood to your brain and limbs. This can lead to problems such as carotid artery disease, stroke and peripheral arterial disease. How is high cholesterol diagnosed? Normally there are no signs or symptoms that you have high cholesterol. There is a blood test to measure your cholesterol level. When and how often you should get this test depends on your age, risk factors, and family history. The general recommendations are: For people who are 19 years or younger: The first test must be between 9 and 11 years Old Children must have the test again every 5 years Some children can have this test from the age of 2 if there is a family history of high blood cholesterol, heart attack or stroke For people who are 20 years or older : Younger adults must have the test every 5 years Men from 45 to 65 years and women from 55 to 65 years should have every 1 to 2 years How can I reduce my cholesterol? You can lower cholesterol through healthy heart lifestyle changes. They include a healthy heart feeding plan, weight management and regular physical activity. If lifestyle changes alone do not reduce enough cholesterol, you may also need to take medication. There are several types of cholesterol-lowering drugs available, including statins. If you take medication to lower cholesterol, you still have to continue with lifestyle changes. Some people with family hypercholesterolemia (FH) may receive a treatment called lipoprotein apheresis. This treatment uses a filtering machine to remove LDL cholesterol from the blood, the machine returns the rest of the blood back to the person. NIH: National Institute of Heart, Lung and Blood Cholesterol Good and Bad (National Library of Medicine) Also in Spanish Spanish

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