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High cholesterol in blood report

Is the cholesterol in egg yolks the good or bad kind? Can you burn cholesterol by exercising? Who 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 fat issue is actually the most clearly defined substance in nutrition. Yes, most Americans should cut the fat. They must do it now and for the rest of their lives, for the sake of their hearts, health and waist lines. Cholesterol and exercise can you burn off cholesterol? Cholesterol is a type of lipid, just like fats are. But unlike fat, cholesterol cannot be exercised away, sweated out, or burned for energy. It is only found in animal products, including meat, chicken, fish, eggs, meat organs, and high-fat dairy products. Is cholesterol good or bad? Just as homemade oil and vinegar dressing separates into a watery pool with a fat-lick topping, so too would fats and cholesterol if dumped directly into the bloodstream. To solve this dilemma, the body transports fat and cholesterol by coating them with a water-soluble bubble of protein. This protein-fat bubble is called a lipoprotein. Low-density lipoproteins (LDLs) carry cholesterol to the tissues. This is bad cholesterol, because high LDL levels are linked to increased risk of heart disease. High-density lipoproteins (HDLs) carry excess cholesterol back to the liver, which processes and secretes cholesterol. HDLs are good cholesterol; The more HDL you have, the lower the risk of developing heart disease. HDLs and LDLs are only found in your blood, not in food. Test your cholesterol Your risk of heart disease can be assessed 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 total cholesterol, or less, for every 1 mg of HDLs, then your cholesterol ratio is ideal. According to guidelines from the National Cholesterol Education Program: Total cholesterol should remain below 200 mg/dL, unless HDL is high. LDL should be lower than 130 mg/dL. HDL should be 40 mg/dl or higher. But if you have any risk factors for heart disease, you want to get your LDL even lower, less than 100 is optimal. What are triglycerides? The fats that supply calories, flow in the blood, and accumulate in the thighs and hips are called triglycerides. They can be saturated or unsaturated, and the unsaturated can be either monounsaturated or polyunsaturated. 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 of cholesterol and heart disease risk. Who's saturated? In general, the harder a fat, the more saturated it is. Beef and dairy fats are mostly saturated fats. Liquid oils are usually unsaturated fats, including monounsaturated fats in olive and oils and polyunsaturated fats in safflower, corn, soybeans, and fish oils. Coconut, palm, and palm core oils are exceptions to the rule; these liquid vegetable oils are highly saturated fats. Fear of Frying Eating foods with plenty of saturated fat increases your risk of heart disease; this causes the amount of bad LDLs in the blood to increase while good HDLs decrease. Cut saturated fat, and your cholesterol levels and your risk of heart disease drop. Your risk of cancer also decreases. A diet with more polyunsaturated fats, rather than saturated fats, lowers total blood cholesterol levels, but unfortunately also drops HDL levels, so you lose both good and bad cholesterol. Olive oil is another story. This oil lowers total-blood cholesterol and LDL cholesterol without causing HDL levels to drop. By using olive oil, you can reduce your total cholesterol levels while maintaining your HDL levels, reducing the risk of heart disease. Fish oil also lowers the risk of heart disease. Consequently, olive and fish are the oils of choice. The lowdown on Trans Fats hydrogenated fats is liquid vegetable oils made creamy when manufacturers convert some of the unsaturated fats into saturated through a process called hydrogenation. This process also stages the molecular form of the remaining unsaturated fats. The resulting form is an abnormal trans form. Trans fatty acids make up to 60% of the fat in processed foods containing hydrated fats. TFAs raise blood cholesterol levels and increase the risk of heart disease just like saturated fats. Knowing your fats gives you a head start when it comes to buying and preparing the right foods to eat. And when you steer away from the saturated fat and trans fatty acids, you can live a heart-healthy life. The bottom line is: Eat less fat, especially saturated fat. Limit your intake of fatty meats, fatty dairy products and processed foods containing cured vegetable oil. Use olive oil, but in moderation if you look at your weight. Fill your plate with fruits, vegetables, whole grains, fish and legumes. Sources: IMAGES PROVIDED BY: REFERENCES: Medically Reviewed by John A. Daller, MD, American Board of Surgery with subspecialty certification in Surgical Critical Care August 17, 2017 Journal of Food Science and Technology, vol. 48, 2011: Trans Fats-Sources, Health Risks and Alternative Strategy - A Review. WebMD Medical Reference If you have high levels of bad cholesterol, you may be familiar with studies suggesting that blood donation can lower your levels. While blood donation is helpful in delivering blood for emergencies and medical procedures to individuals who need it, it may be surprising to hear that donating your blood regularly can have a beneficial effect on your health. But are these studies proof enough that you should become a regular blood donor? With this overview, learn about the purported benefits of blood donation and what research says about them. Debenport/Getty Images The health benefits of blood donation include lowering your heart rate, your blood pressure and weight. Some researchers have also found that donating your blood regularly can lower your cholesterol and triglyceride levels. It may seem like an effective way to lower your lipid levels. After all, when you donate your blood, you donate the lipids in your blood too, right? If each study agreed on the effects of blood donation on cholesterol, you can bet doctors would urge any patient with bad cholesterol to start giving blood right away. However, there are only a few studies that examine the effect blood donation has on lipid levels, and those that exist are conflicting and not current. A study examining the effects of blood donation found that donating blood every six weeks lowered oxidation of LDL (oxidized LDL), which is associated with the development of atherosclerosis. Although some studies suggest that high iron levels may play a role in this oxidation, which also seems lowered during regular blood donation, the studies are incomplete. Most of these studies did not note a significant decrease in LDL cholesterol or triglycerides, although one study saw a slight decrease in these blood lipids. Despite only a very small, if any, improvement in lipid levels, a couple of studies have shown that donating your blood at least once a year can reduce the likelihood of cardiovascular events, such as angina or a heart attack. While donating your blood can be an altruistic gesture to help others who are in need of it, you should not rely solely on blood donation to lower your lipid levels or to prevent heart disease. If you are trying to find ways to lower your cholesterol and triglyceride levels, you should talk to your health care provider for more reliable methods to improve your lipid profile and heart health. Ask your provider about the benefits of exercise and change your diet to lower cholesterol levels. Discuss any medications that may help. While blood donation sounds like the perfect quick fix, you don't want to base any health decisions on incomplete research. Thank you for your feedback! What are your worries? Verywell Health uses only high-quality sources, including peer-reviewed studies, to support the facts in our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable and credible. Uche E, Adediran A, Damulak O, Adeyemo T, Akinbami A, Akanmu A. Lipid profile of common blood donors. J Blood Med. 2013;4:39-42. doi:10.2147/JBM.S42211 Van jaarsveld H, Pool GF. 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