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Are Good For You

# **Fat And Cholesterol Are Good For You**

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## **Fat And Cholesterol Are Good**

(1, 15, 22) Eating good

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fats in place of saturated fat lowers the “bad” LDL cholesterol, and it improves the ratio of total cholesterol to “good” HDL cholesterol, lowering the risk of heart disease. Eating good fats in place of saturated fat can also help prevent insulin resistance, a precursor to diabetes.

**Types of Fat | The**  
*Page 4/26*

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## **Nutrition Source | Harvard T.H. Chan ...**

Trans fat is considered the worst type of fat you can eat. Unlike other dietary fats, trans fat — also called trans-fatty acids — raises your "bad" cholesterol and also lowers your "good" cholesterol. A diet laden with trans fat increases your risk of heart disease, the leading killer of adults.

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## **Trans fat is double trouble for your heart health - Mayo**

...

Being a fat, cholesterol has to be transported by a carrier in the blood - these carriers are protein complexes called lipoproteins.

You're probably familiar with them because they're often confusingly referred to as 'bad' cholesterol or Low Density Lipoproteins (LDL) and

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'good' cholesterol or  
High Density  
Lipoproteins (HDL).

## **How to lower cholesterol | BBC Good Food**

Laura, your lab results show that your total cholesterol is 245, but it should be less than 200. Your “bad” cholesterol is 168, but it should be less than 100. Your “good” cholesterol is 55, so I am not worried about

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it. Olivia, can help you to make your diet healthy and get enough physical activity also she has some cooking tips

## **Fotonovela: How to Control your Fat and Cholesterol**

For example, egg yolks are high in cholesterol and also happen to be loaded with important vitamins and minerals, including B12, choline, and selenium, while



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high cholesterol full fat  
yogurt is ...

## **9 Myths About Dietary Fat and Cholesterol**

Fat is an important part of a healthy diet.

Choose foods with “good” unsaturated fats, limit foods high in saturated fat, and avoid “bad” trans fat.

“Good” unsaturated fats —

Monounsaturated and polyunsaturated fats —

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lower disease risk.

Foods high in good fats include vegetable oils (such as olive, canola, sunflower, soy, and ...

## **Fats and Cholesterol | The Nutrition Source | Harvard T.H**

...

What is cholesterol?  
Cholesterol is a waxy, fat-like substance that's found in all the cells in your body. Your liver makes cholesterol, and it is

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also in some foods, such as meat and dairy products. Your body needs some cholesterol to work properly. But having too much cholesterol in your blood raises your risk of coronary artery disease.

## **HDL: The "Good" Cholesterol: MedlinePlus**

Saturated fat intake has been shown to increase both of these

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risk factors, as well as the LDL (bad) to HDL (good) ratio, which is another heart disease risk factor (9, 10).

## **What Is Saturated Fat and Is It Unhealthy?**

Is saturated fat bad for you? A diet rich in saturated fats can drive up total cholesterol, and tip the balance toward more harmful LDL cholesterol, which

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prompts blockages to form in arteries in the heart and elsewhere in the body. For that reason, most nutrition experts recommend limiting saturated fat to under 10% of calories a day.

## **The truth about fats: the good, the bad, and the in ...**

Too much saturated fat in the diet is unhealthy because it raises "bad" LDL cholesterol levels,

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which increases the risk of heart disease. So it would seem that coconut oil would be bad news for our hearts. But what's interesting about coconut oil is that it also gives "good" HDL cholesterol a boost. Fat in the diet, whether it's saturated or ...

**Ask the doctor:  
Coconut oil and  
health - Harvard  
Health**

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HDL cholesterol is the well-behaved "good cholesterol." This friendly scavenger cruises the bloodstream. As it does, it removes harmful bad cholesterol from where it doesn't belong. High HDL ...

## **HDL Cholesterol: "The Good Cholesterol"**

Triglycerides are the most common type of

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fat in the body. They store excess energy from your diet. A high triglyceride level combined with high LDL (bad) cholesterol or low HDL (good) cholesterol is linked with fatty buildups within the artery walls, which increases the risk of heart attack and stroke. Watch an animation about cholesterol.

**HDL (Good), LDL**

*Page 16/26*



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## **(Bad) Cholesterol and Triglycerides ...**

A high intake of saturated fat may eventually raise levels of low-density lipoprotein (LDL) cholesterol in the body. This, in turn, increases the risk of cardiovascular disease and stroke .

## **Types of fat: The good and the bad**

Good Cholesterol  
Levels. HDL cholesterol

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readings measuring 60 mg/dL and above are very positive. Readings that are below 50 mg/dL for women and 40 mg/dL for men are considered low and health care professionals will typically recommend that you attempt to raise good cholesterol to a healthier level.

## Bad Cholesterol Levels

## List of Good Cholesterol Foods to

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## **Raise HDL Levels**

One type, saturated fat, is found in some meats, dairy products, chocolate, baked goods, and deep-fried and processed foods. Another type, trans fat, is in some fried and processed foods. Eating these fats can raise your LDL (bad) cholesterol. Lack of physical activity, with lots of sitting and little exercise. This lowers your HDL (good ...

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## **Cholesterol | MedlinePlus**

Trans fat, also called trans-unsaturated fatty acids or trans fatty acids, is a type of unsaturated fat that naturally occurs in small amounts in meat and milk fat. It became widely produced as an unintentional byproduct in the industrial processing of vegetable and fish oils in the early 20th

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century for use in margarine and later also in snack food, packaged baked goods, and for frying fast ...

## **Trans fat - Wikipedia**

They are very low in saturated fat and free of cholesterol. Plants are also rich in soluble fiber, which helps lower cholesterol. Soluble fiber slows the absorption of cholesterol and

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reduces the amount of cholesterol the liver produces. Oatmeal, barley, beans, and some fruits and vegetables are all good sources of soluble fiber.

### **Lowering Cholesterol With a Plant-Based Diet**

Cholesterol—a waxy compound that some have likened to soft candle wax—is a kind of sterol. Sterols are a

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type of fat found in the tissues of both plants and animals, although only animals have varying amounts of cholesterol. Your body manufactures much of the cholesterol it needs in the liver, but you can also obtain it through your diet.

## **What Is Cholesterol Good For? - Verywell Health**

Naturally cholesterol-free and low-fat, fruits

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and vegetables are the foundation of a good diet. Whole grains: Oats, quinoa, barley, and whole wheat offer up fiber, complex carbohydrates, and protein.

## **Foods to Eat and Avoid for High Cholesterol - WebMD**

HDL cholesterol is considered 'good' cholesterol because it carries cholesterol from the blood back to the



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liver, where it is broken down - reducing the risk of cardiovascular disease. Types of dietary fats Dietary fat can be classified into four types. These are: saturated monounsaturated polyunsaturated; trans.

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