

Ten Common Myths About Bad Cholesterol

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Normal 0 MicrosoftInternetExplorer4 Do You See These Ten Common Myths About Bad Cholesterol, Foods and Fats ?
Have you ever thought how you are taking care of your own heart? If you're attempting to maintain healthy levels of cholesterol, or your physician has stated you need to reduce your cholesterol, you are probably looking to keep an eye on your daily diet. Taking measures today could avoid heart problems tomorrow. It doesn't mean you need to avoid your entire favorite foods. Learning the main difference in the kinds of fat that individuals eat and where these fats come from in our food is important to manipulate the cholesterol within our blood. Here are 10 of the most well-known misconceptions and facts that you need to know.

1) Misconception: The healthiest weight loss program is the one that limits all fats. You ought to get 25-35 per-cent of your total calories from fats because your body can't produce some essential fats it requires for adequate functioning.

2) Misconception: All fat molecules are fundamentally the same. You'll find different varieties of fats. Mono unsaturated and polyunsaturated fats could possibly decrease your LDL (bad) cholesterol while saturated and trans fat will be more closely related to high LDL. Samples of foods that contain each variety include:
- Mono saturated: essential olive oil, peanut butter and avocados.
- Polyunsaturated: salmon, seeds and nuts and vegetable oils for example corn, soybean and safflower.

- Saturated: unhealthy red meats, bacon, real butter, and tropical oils including palm oil and coconut oil.
- Trans fat: fast food Fried potatoes, and several commercially distributed foods including donuts, crackers and cookies.

3) Misconception: Foods that are labeled "low fat" are usually also low-calorie options. Some food manufacturers replace fat with substances that could have equally many calories.

4) Misconception: Foods labeled "trans fat free" are often healthy choices. Food producers may replace trans fat with saturated fats, that may also lift up your LDL (bad) cholesterol levels.

5) Misconception: I'm able to have a sufficient volume of plant sterols from the foods I consume to get benefit from the plant sterols. While plant sterols are found in many vegetable essential oils and whole grains to vegetables and fruits, you'll have to eat roughly 100 pounds of fruit and veggies daily to obtain the total daily intake of 0.8 grams essential for plant sterols to take down cholesterol.

6) Misconception: Plant sterols help reduce cholesterol levels within the blood by dissolving it inside the colon. Plant sterols work by lowering the absorption of cholesterol from your colon, which often cuts down the higher level of LDL (bad) cholesterol inside you. Cholesterol that isn't absorbed is eliminated from the body.

7) Misconception: People who have normal cholesterol levels are not going to reap the benefits of having products prepared with plant sterols.

Plant sterols lower Trans fat in those with both normal and elevated blood levels of cholesterol. Plant sterols can appreciably lower Cholesterol levels whatever is the starting point.
8) Misconception: Children and expecting mothers ought not have huge doses of plant sterols. While plant sterols are usually thought to be safe food substances, they're generally not suggested for pregnant or breast-feeding women, and for children under 5 years old, because these consumers typically will not have nutritional requirements for a reduction of cholesterol.

9) Misconception: If you're attempting to reduce your cholesterol, you should make an attempt to remove it from the diet almost entirely. For most of us, it's perfectly safe to get around 300 mg of cholesterol on a daily basis which can be the suggested daily limit.

10) Misconception: Shellfish including shrimp have a fairly large quantities of cholesterol and may be avoided over a cholesterol-lowering eating plan. While shrimp is higher in cholesterol than various other animal products, it's still very lean and low in fats.

So you? Still reading this article? Move out and reduce your bad cholesterol!

About me: L. Wilson creates for the [cholesterol lowering diet menu](#) web site, her personal hobby blog that shares suggestions to help individuals to lower high cholesterol and help spread the comprehension on healthy eating.