



**Toogood Nutrition**

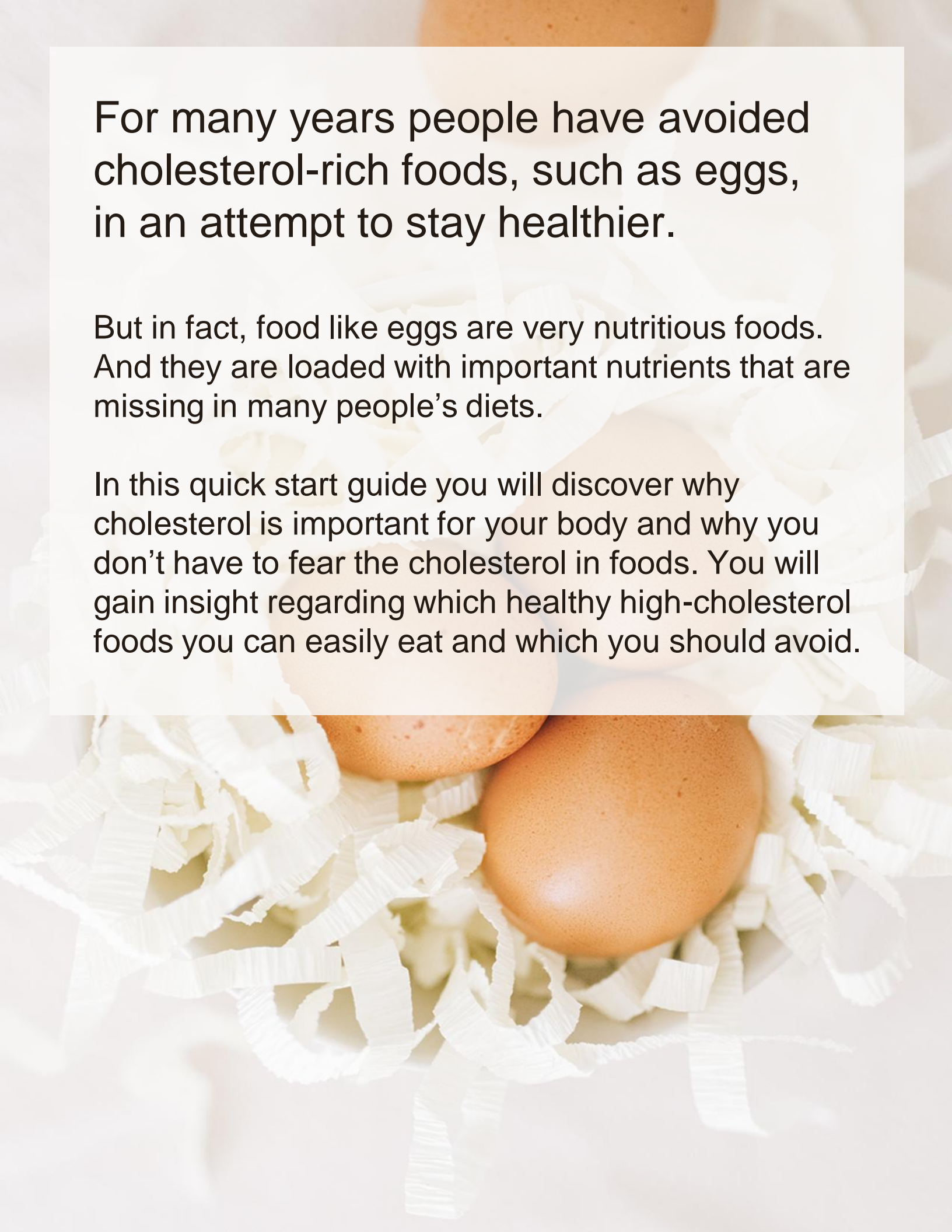
Quick Start Guide

# Cholesterol

*Uncover the truth about cholesterol  
and its effect on your body!*

---

[Toogoodnutrition.co.uk](http://Toogoodnutrition.co.uk)

A photograph of several brown eggs nestled in a bed of white, crinkled paper shreds, resembling a bird's nest. The background is a soft, out-of-focus light color.

For many years people have avoided cholesterol-rich foods, such as eggs, in an attempt to stay healthier.

But in fact, food like eggs are very nutritious foods. And they are loaded with important nutrients that are missing in many people's diets.

In this quick start guide you will discover why cholesterol is important for your body and why you don't have to fear the cholesterol in foods. You will gain insight regarding which healthy high-cholesterol foods you can easily eat and which you should avoid.

# What Is Cholesterol & What Does Your Body Use It For?

**Cholesterol** can be defined very quickly: It is a waxy, kind of fatty substance that is found in all the cells in your body. And this little substance is essential for human life!

Your body needs cholesterol to work properly. For example, it's needed to make certain hormones and it is an important building block for cell walls.

In fact, your body makes most cholesterol by itself in the liver. So, only a small part comes from the food you eat. The bloodstream transports cholesterol from the liver and out to other organs and tissues in your body. In case there should be any spare cholesterol it will be carried back to the liver in the bloodstream.

**Your body can make two different kinds of cholesterol:**



## **“LDL” Cholesterol**

Which stands for “low-density lipoprotein.” High levels of LDL cholesterol are associated with a higher risk of cardiovascular disease, which is why it is sometimes referred to as “bad” cholesterol.



## **“HDL” Cholesterol**

Which stands for “high-density lipoprotein.” High levels of HDL cholesterol are associated with a lower risk of cardiovascular disease and is also called “good” cholesterol.



# What Happens If Cholesterol Is Too High?

Although cholesterol is needed for your body to function well you can also have too much of it.

In this case, high cholesterol may lead to:

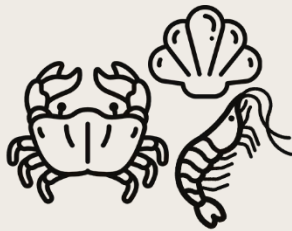
- Increased risk of cardiovascular and heart diseases.
- Type 2 diabetes and high blood pressure.
- Developing fatty deposits in your blood vessels. Sometimes, these deposits can break and form a clot that causes a heart attack or a stroke.

# 3 Cholesterol-Rich Foods Which Are Healthy For You



**Eggs**

Eggs are high in cholesterol. One large egg contains 211mg of cholesterol. However, research shows that eating whole eggs doesn't negatively impact cholesterol levels. And aside from containing cholesterol, eggs are an excellent source of protein and are packed with good nutrients like B vitamins, selenium, and vitamin A.



**Shellfish**

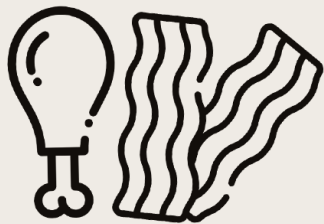
Shellfish, clams, crabs, and shrimps are all high in cholesterol. For example, 3.5-ounces (100gram) of shrimp contain 195mg of cholesterol. But on the other hand, they are all a great source of protein, B vitamins, iron, and selenium.



**Sardines**

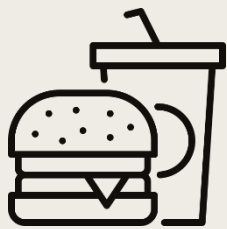
3.5-ounces (100gram) of these tiny fish contain 142mg of cholesterol. Sardines are loaded with fantastic nutrients like iron, selenium, phosphorus, zinc, copper, magnesium, and vitamin E. And then it just happens to be a tasty little fish that you can easily add to your dinner plate.

# 3 Cholesterol-Rich Foods Which You Should Try to Avoid



## Fried Food & Processed Meat

Fried foods like deep-fried meat or French fries as well as processed meats, like bacon and various sausages are all very high in cholesterol. For example, 3.5-ounces (100g) of bacon contain 110mg of cholesterol. These foods are also loaded with calories and do often contain trans fats. This is not the best combination and if eaten in bigger amounts it can increase the risk of heart disease and obesity.



## Fast Food

Just like with fried foods, fast foods have a high content of cholesterol. People who eat fast food on a regular basis tend to have higher cholesterol, more belly fat, and higher levels of inflammation.



## Sweets

Cookies, ice cream, cakes, and desserts tend to be high in cholesterol, as well as added sugars, saturated fats, and calories.

# How To Lower Cholesterol

Small changes in your lifestyle and diet can help you lower cholesterol and thereby reduce the risk of various diseases.

**Here are some healthy ways you can start with:**

- **Eat Fiber Daily:** Foods such as fruits, legumes, and oats can help reduce LDL cholesterol levels. As an extra plus, eating foods rich in fiber will keep you full for a longer time and help lower the risk of overeating.
- **Eat Omega-3:** Wild-caught fatty fish like salmon, herring, and mackerel can help reduce LDL and raise HDL cholesterol levels.
- **Be More Active:** Being more physically active in your everyday life is a great way to lower LDL cholesterol levels. All types of activities and sports can help do the job so, choose your favorite.





# Bottom Line...

Don't fear cholesterol. Your body needs it to work properly. You can therefore easily eat cholesterol-rich food if you choose the food that contains lots of good nutrients and limit the foods high in saturated fat, trans fats, and calories.



# Sources & Further Reading

**Physiology, Cholesterol: Trevor Huff; Brandon Boyd; Ishwarlal Jialal.**

<https://www.ncbi.nlm.nih.gov/books/NBK470561/>

**What is cholesterol and how does arteriosclerosis develop. Institute for Quality and Efficiency in Health Care**

<https://www.ncbi.nlm.nih.gov/books/NBK279327/>

**Whole egg consumption improves lipoprotein profiles and insulin sensitivity to a greater extent than yolk-free egg substitute in individuals with metabolic syndrome. Christopher N Blesso , Catherine J Andersen, Jacqueline Barona, Jeff S Volek, Maria Luz Fernandez**

<https://pubmed.ncbi.nlm.nih.gov/23021013/>

**Red and processed meat consumption and colorectal cancer risk: a systematic review and meta-analysis. Zhanwei Zhao, Quanxin Feng, Zifang Yin, Jianbo Shuang, Bin Bai, Pengfei Yu, Min Guo, and Qingchuan Zhao**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5669970/>

**Fast Food Pattern and Cardiometabolic Disorders: A Review of Current Studies. Zahra Bahadoran, Parvin Mirmiran, and Fereidoun Azizi**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4772793/>

**Atherogenic Lipoprotein Determinants of Cardiovascular Disease and Residual Risk Among Individuals With Low Low-Density Lipoprotein Cholesterol. Patrick R. Lawler, MD, MPH, Akintunde O. Akinkuolie, MBBS, MPH, Audrey Y. Chu, PhD, Svati H. Shah, MD, MHS, William E. Kraus, MD, Damian Craig, MSc, Latha Padmanabhan, MSc, Robert J. Glynn, ScD, Paul M Ridker, MD, MPH, Daniel I. Chasman, PhD, and Samia Mora, MD, MHS**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5586287/>

**Lowering LDL-cholesterol through diet: potential role in the statin era. Eric Bruckert , David Rosenbaum**

<https://pubmed.ncbi.nlm.nih.gov/21233620/>

**Overview of Omega-3 Fatty Acid Therapies. J. Chris Bradberry, PharmD and Daniel E. Hilleman**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3875260/>

**Differential Effects of Aerobic Exercise, Resistance Training and Combined Exercise Modalities on Cholesterol and the Lipid Profile: Review, Synthesis and Recommendations. Steven Mann, Christopher Beedie, and Alfonso Jimenez**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3906547/>

**US Department of Health and Human Services, National Heart, Lung, and Blood Institute.**

**Accessed 1/5/2021. Blood Cholesterol**

<https://www.nhlbi.nih.gov/health-topics/blood-cholesterol>

<https://nutritiondata.self.com/facts>