

Some believe that the main reason for the increased level of blood cholesterol is nutrition, while others talk about genetics. That's what is true of this, and what is not, according to expert-dietitian.

Myth No. 1: Avoid food cholesterol. Recent studies show that food cholesterol has a rather insignificant effect on the level of glucose in the blood, but saturated fats and trans fats affect much more. It is better to limit the consumption of saturated fats, which are found in fatty varieties of meat and fatty dairy products. Focus also on products that are useful for the heart: such as nuts, seeds, avocados, fatty fish.

Myth No. 2: Changing the diet can help with high cholesterol. Many factors can affect the level of cholesterol in the blood, in addition to a diet. This is a dream, stress level, physical activity, genetics. This was said by Patricia of the Wheel, a master of science, a registered nutritionist-nuthariologist.

Myth No. 3: You need to exclude all fats from the diet. Not all fats are the same, notes Karly Hart, a registered nutritionist-nuthariologist and a licensed nutritionist-nuthariologist. Unsaturated fats, for example, reduce the likelihood of a high level of cholesterol. They are found in nuts, seeds, avocados, fatty fish.



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Myth No. 4: You can determine whether you have a high cholesterol level by symptoms. Most people with an increased cholesterol level have no symptoms.

Myth No. 5: an increased level of cholesterol in the blood can only be with large body weight. In fact, this problem occurs in people with any physique, since genetics, family history, food that you eat can affect cholesterol.

Myth No. 6: You do not need to worry about cholesterol until you get older. An increased cholesterol level can develop at any age, and this often begins in youth. This is especially true for those who have a history of heart disease.

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