

To reduce cholesterol, doctors advised to eat less saturated fats

An increased level of blood cholesterol can be caused by genetic factors. However, it becomes more and more known that the consumption of saturated fats as a whole is associated with an increased level of cholesterol and triglycerides. Helps to cope with this change in the diet.

At a high cholesterol level, it is important to eat less saturated fats. The American Cardiological Association recommends limiting their consumption to a level of not more than 6% of the total number of calories that you consume every day.

The main sources of saturated fats are red meat, cheese, butter, pastries and fried food.



Image: Getty images. Evewell Design

To reduce cholesterol, also try to eat healthy fats (can be obtained from avocados, almonds and fish), a lot of fiber (contained in large quantities in apples, broccoli, beans, chipboard, lentils), fruits and vegetables.

News -in -law materials cannot be equated to the doctor's prescription. Before

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making a decision, consult a specialist.