

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

To reduce cholesterol, doctors advised to eat less saturated fats

making a decision, consult a specialist.