

Cholesterol – The Good, the Bad, and the Ugly

Cholesterol is a substance found in the body that helps produce cell membranes and certain hormones. Most cholesterol in our body is produced in the liver while some is consumed through the foods we eat. Too much cholesterol can be harmful because it tends to stick to the walls of the arteries, causing blockage. Blockage puts you at risk for heart disease, heart attack, and stroke.

The Good

HDL cholesterol is known as the “good” cholesterol because it helps to clear away buildup in the arteries. The best way to increase HDL is through regular exercise.

The Bad

LDL cholesterol is known as the “bad” cholesterol because it tends to create buildup on the sides of the blood vessels. The best way to decrease LDL cholesterol is through eating less saturated fats, found in high fat meats, creams, cheeses, and baked goods. Another way to decrease LDL cholesterol is to eat whole grains such as oatmeal and brown rice.

The Ugly

Constant build up in the arteries through excess fats and cholesterol can eventually cause blockage. The best ways to improve cholesterol is through diet, weight control, and physical activity.

