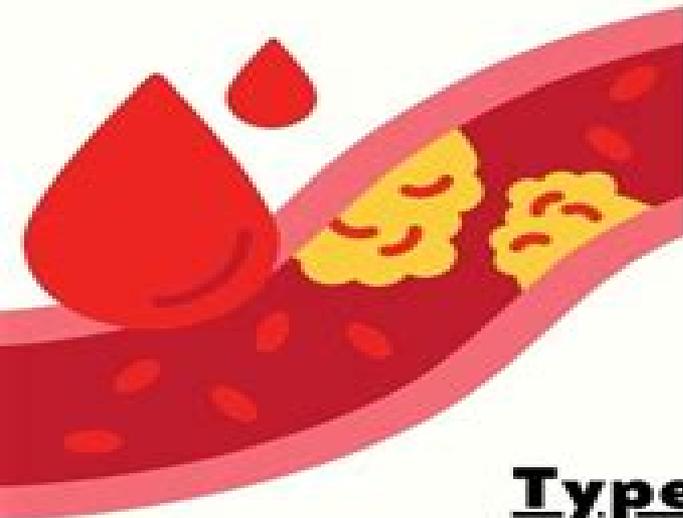


CHOLESTEROL



What is cholesterol?

It is a fatty substance used by the body to create cells, hormones, bile acids, Vitamin D and other substances.

Types



High-Density Lipoprotein (HDL)

aka "Good" Cholesterol as it removes other types of cholesterol from your bloodstream

Low-Density Lipoprotein (LDL)

known as the "bad" cholesterol as it contributes to the increase of fats in the arteries.

Sources

Do you think the liver produces 80% of the cholesterol in your body?



Dairy Products



Seafood, Shellfish, Organ meats & Animal fats

Diseases Explained Cholesterol

Scott C. Dulebohn



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