



CONTROLA TU COLESTEROL

El colesterol es un lípido (grasa), que se forma en el hígado a partir del consumo de alimentos grasos y es necesario para que el cuerpo pueda funcionar de manera adecuada.



El alto consumo de grasas totales en la alimentación es solamente uno de las posibles causas modificables de un alto colesterol en el cuerpo.

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Controlar El Colesterol

Léo Pomar



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