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total blood cholesterol 200 mg dl 1 too much cholesterol puts you at risk for heart disease and stroke two leading causes of death in the united states high cholesterol has no signs or symptoms so the only way to know whether you have it is to get your cholesterol checked talk to your doctor aug 24 2021 cholesterol is a fatty substance your liver makes it is also found in certain foods your body needs some cholesterol to function properly but having too much of the bad type of cholesterol jan 11 2023

overview cholesterol is a waxy substance found in your blood your body needs cholesterol to build healthy cells but high levels of cholesterol can increase your risk of heart disease with high cholesterol you can develop fatty deposits in your blood vessels jul 6 2022 cholesterol is a chemical compound that the body requires as a building block for cell membranes and for hormones like estrogen and testosterone the liver produces about 80 of the body's cholesterol and the rest comes from dietary sources like meat poultry eggs fish and dairy products foods derived from plants contain no cholesterol jul 17 2018 oatmeal contains soluble fiber which reduces your low density lipoprotein ldl cholesterol the bad cholesterol soluble fiber is also found in such foods as kidney beans brussels sprouts apples and pears soluble fiber can reduce the absorption of cholesterol into your bloodstream five to 10 grams or more of soluble fiber a day decreases your ldl cholesterol is any of a class of certain organic molecules called lipids it is a sterol or modified steroid a type of lipid cholesterol is biosynthesized by all animal cells and is an essential structural component of animal cell membranes when chemically isolated it is a yellowish crystalline solid dec 10 2020 cholesterol is a waxy fat like substance that is found in all the cells in your body your body needs some cholesterol to make hormones vitamin d and substances that help you digest foods your body makes all the cholesterol it needs cholesterol is also found in foods from animal sources such as egg yolks meat and cheese

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