

Foods high in cholesterol: What should be eaten? What type should be avoided?

A special feature is that not all cholesterol is bad and still has good cholesterol. So what should we eat and what should we eat? The answer will be shortly

Cholesterol is a very important component for the activities of the human body. In addition to 75% of the cholesterol produced by the liver, the remaining 25% comes from daily food intake.

A special feature is that not all cholesterol is bad and still has good cholesterol. So what should we eat and what should we eat? The answer will be shortly:



Foods high in cholesterol should be eaten

Egg

Eggs are a very nutritious and cholesterol-rich food that you should add to your daily menu. In one egg contains 211 mg of cholesterol.

Many people often avoid eggs because they think eating eggs will cause cholesterol to skyrocket. However, in a study scientists have shown, eggs do not have a negative effect on cholesterol, it even increases HDL - good cholesterol for the body.

In addition, eggs contain a lot of protein, vitamin B, A extremely nutritious.



Pilchard

92 grams of sardines contain 131 mg of cholesterol, and it also contains lots of calcium, vitamin B12 and vitamin D.

Therefore, sardines are always on the list of high cholesterol foods you should eat.



Pure yogurt

Yogurt is a high-fat food with many nutrients such as protein, calcium, phosphorus, B vitamins, zinc and potassium .

Yogurt is also one of many cholesterol-rich foods, a cup of pure yogurt contains up to 31.9 mg of cholesterol.

In the latest study, it was found that active use of fermented yogurt products would be associated with a reduction in bad LDL cholesterol and at the same time reducing the risk of stroke, diabetes and cardiovascular disease.



Shellfish

Some shellfish such as bottles, clams, shrimps or crabs . are abundant sources of protein, B vitamins, iron and selenium. These are also very high in cholesterol foods.

In addition, these shellfish contain bioactive ingredients such as Carotenoid antioxidants and Taurine amino acids. This active ingredient has a very active role in preventing cardiovascular disease and eliminating LDL - bad cholesterol from the body.



Cheese

Surely you will be different when we list them on this list. Typically, cheese is considered to be the culprit that raises bad cholesterol.

However, in a 12-week study of 162 people found that: Cheese does not increase LDL - the level of bad cholesterol for the body.

Even so, because cheese is high in calories, you need to consider the amount of cheese each time you eat to keep the nutrients in check.



Foods high in cholesterol should be avoided

Fried foods

Fried meat, fries . are sources of high cholesterol foods that you should avoid using. Because these foods contain many calories, they can also contain trans fats that increase the risk of cardiovascular diseases, obesity, diabetes .



Prepared meats

For example, bacon or sausage . are sources of cholesterol-rich foods that you should avoid.

A survey of more than 614,000 participants found that each person who added 50 grams of processed meat a day had a higher risk of developing heart disease by more than 42%.



Sugar desserts

Pastries, cookies, ice cream or other sugary drinks are unhealthy high cholesterol foods that we should avoid.

If these foods are routinely loaded into the body, they will have negative effects that increase the risk of obesity and overweight. In addition, if used too often, you will face cardiovascular problems, diabetes, cognitive decline and some other cancers.



Fast foods

Regular use of fast food will make belly fat accumulate more, high levels of cholesterol in the blood, and decrease in blood sugar regulation



How to reduce cholesterol effectively?

In addition to and should not use the above high-cholesterol foods, you should also note some of the following to help keep cholesterol levels stable to ensure the best health:

1. Increase fiber intake: High fiber consumption, especially soluble fiber in beans, fruits, oats . will help the body eliminate bad cholesterol.
2. Strengthening physical activities: Regular exercise in sports is also a good way to reduce cholesterol if they are too high. However, please pay attention to choosing a sport that is suitable for your health and a balanced exercise regime.
3. Strengthening Omega - 3 for the body: The use of foods rich in omega 3 from fish or functional foods containing omega 3 will help increase good HDL cholesterol and reduce LDL bad cholesterol for the body.
4. Maintain a healthy weight: A healthy weight, a high proportion of body height will be an effective way to reduce LDL and increase HDL levels.
5. Eliminate bad habits: Smoking, alcohol, using stimulants are habits to eliminate to help significantly reduce bad cholesterol.



Above are top cholesterol-rich foods that you should eat or avoid eating in order to maintain proper blood cholesterol levels. I wish you all good health!

>>> **More references:**

1. What is cholesterol? Distinguish good cholesterol and bad cholesterol in the body
2. Top 7 foods that help reduce blood cholesterol best
3. Finding new ways to study cholesterol distribution on cells

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