

The Best Diet to Reduce Cholesterol

Nowadays many people suffer from cholesterol, because they tend not to pay as much attention to what they eat as they should. Fast food and take out has gained a lot of ground and eating healthy food is more and more of an abstract idea. Everybody knows that fat is essential to our body because it is a very big source of energy. However, you can get your energy from other substances besides fat, which in higher quantities is very bad for your organism. It especially affects the circulation of the blood, because it raises the levels of cholesterol in your blood, which can lead to heart attacks. The type of diets suggested in this article have as purpose reducing the amount of fat and cholesterol in your body up to the required level. Both these diets have as goal decreasing the dietary fat and cholesterol, limit the intake of sodium, increase the quantity of fiber in your diet and lower the amount of calories, in order to reach a normal weight. The amount of calories that one should get every day is about 1100 for women and around 1400 for men. Now, for better understanding what has to be done, we must first find out what cholesterol is. First thing to know is that blood is pumped by the heart and delivered to all the body through arteries. The role of the blood, amongst other thing, is to carry oxygen and nutrients throughout your body. When your level of cholesterol reached a certain point above normal, the unnecessary cholesterol is left behind, remaining in the arteries. Throughout the years the cholesterol left behind forms a waxy substance which hardens or even blocks the flow of the blood. Organs than are very likely to become damaged. Another thing to know is that cholesterol is made by two sources. The first one is the liver, which produces all the necessary quantity of cholesterol that your body will ever need. The second source of cholesterol is by eating animal products, such as meat, milk, eggs and many more. So, in order to keep the cholesterol level within normal limits, one should reduce the dietary cholesterol. Another way of reducing your blood cholesterol levels is by eating as less saturated fats as possible. The saturated fats are those who stay solid at the room temperature. There also are some vegetables whose fats act like the saturated fats that I have told you before, therefor they should be avoided. Those vegetable fats are cocoa butter, palm oil and coconut oil.

About the Author

A new study comparing the controversial Atkins diet to three other regimes found. Under the Atkins diet, the women tried to eat no more than 20 grams of.

Source: <http://www.productsherbal.com>