

Using Essential Fatty Acids To Lower Your Cholesterol

According to studies, essential fatty acids affect both bad and good cholesterol. Bad cholesterol and triglyceride levels have been shown to be reduced by such essential fatty acids as EPA and DHA. Many people who have higher level of good cholesterol follow diets like that of the Inuit Eskimos or the Mediterranean diet, both of which are high in omega-3 fatty acids. A diet rich in omega-3 foods is what you should eat if you want to raise your good cholesterol levels and lower your bad cholesterol. It is recommended that a diet including two or three portions of fish each week will aid in lowering the levels of bad cholesterol as the essential fatty acids contained in fatty fish affect cholesterol. Fish oil supplements can be taken, too. DHA and EPA, essential fatty acids found in fish oil supplements affect bad cholesterol. Some cholesterol-lowering drugs function more effectively when the dietary amount of omega-3 fatty acids is increased, thus affecting cholesterol levels. Though it was mentioned above that omega-3 fatty acids can be obtained through eating fatty fish and taking fish oil supplements, there are other sources of omega-3 fatty acids, namely seeds and nuts and flaxseed oil. There is omega-3 fatty acids in green vegetables, however, it is not enough to affect cholesterol unless another form of supplement is also used. A good source of the essential fatty acid ALA (which can be converted into EPA and DHA) is walnuts. Walnuts have shown that they can lower total cholesterol and triglyceride levels.

About the Author

At least 10 million Americans at high risk for type 2 diabetes can sharply lower their chances of getting the disease with diet and exercise, according.

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