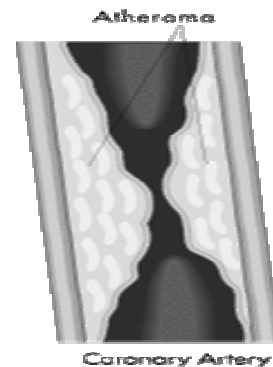


cholesterol

Cholesterol is a white, waxy substance, which despite its bad reputation is essential for the body's wellbeing. Without cholesterol our bodies could not manufacture a number of important hormones.

Our liver manufactures most of our cholesterol, while the rest comes from the food we eat. Elevated blood cholesterol leads to a range of health problems. Too much cholesterol in the blood causes fatty deposits to build up in the blood vessels. The vessels then narrow due to these deposits of cholesterol on the vessel walls. This in turn restricts the flow of blood to the heart and brain, which can lead to a heart attack or stroke.



There are two main types of cholesterol, LDL and HDL. LDL is known as bad cholesterol as it carries the cholesterol around the body allowing fat to deposit along the way. HDL on the other hand is considered a good cholesterol as it assists in carrying the cholesterol back to the liver.

While high blood cholesterol levels are usually due to a diet that is too high in saturated fat, in some people it can be hereditary.

How do I keep 'bad' cholesterol levels low and 'good' cholesterol levels high?

- Eat less saturated fat. This can be done by removing fat from meat and removing the skin from chicken.
- Achieve and maintain a healthy body weight. This can be achieved by following your individually designed Quick Loss Program followed by your Lifestyle Program.
- Keep physically active. A short 30-minute walk on most days is sufficient.
- Grill your food rather than frying.
- Avoid take away foods and highly processed foods such as cakes and biscuits as they contain a high proportion of saturated fats.

Reference: <http://health.ninemsn.com.au/article.aspx?id=2968>

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