

Does Cholesterol from food shows negative impact on cardiac health?.

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Introduction

A Now a day the dietary cholesterol had become the most debated nutrient in the food science. The origin of this controversy began when it was found that it is the cause for many underlying cardiac health issues such as cardiovascular failure. After 1815 there were many studies conducted proving that cholesterol is carried in the body by lipoproteins, as there are some kinds of lipoproteins responsible for many metabolic diseases. Cholesterol in texture is a wax like substance present only in the animal kingdom whereas it is absent in the plants and instead the plants have a substance called as phytosterol. Cholesterol and fats do not dissolve in the blood and hence they travel in the body in form of packets which are covered with lipoproteins. In usual cholesterol and fats are important to body since they act as precursors for the synthesis of hormones and Vitamin D. besides healthy benefits they show negative impact when cholesterol becomes excess in form of lipoproteins especially when it is Low density lipoproteins [1].

Description

Many studies report that high levels of cholesterol in the blood strongly correspond to the heart diseases. Hence the foods such as eggs and meat which contain high levels of cholesterol can be the offenders indirectly. Later it was known that dietary cholesterol has little effect on the blood cholesterol levels. Synthesis of cholesterol in the blood is highly regulated. If the dietary cholesterol intake is too high then the body then the endogenous cholesterol synthesis is lowered thus maintaining homeostasis is maintained. However there are some individuals where high cholesterol intake through diet shows increase in the serum cholesterol levels where as some have less impact. It depends on many factors such as age, gender and environment [2]. I The well-known source of dietary cholesterol is eggs. Hence they are the most controversial food, each egg bearing 200mg of cholesterol. But it is to be noted that they contain minimum amount of saturated fats (bad cholesterol). Hence it is the healthy source of protein and many vitamins. Due to this reason consuming one egg per day is mandatory and not a bad practise. In nature most of the foods which are rich in cholesterol shows high levels of the saturated fats. Examples include red meat and processed meat. Even the food cooking methods also matters like cooking with saturated fats such as ghee can increases the serum cholesterol levels. This is the reason why the foods as well as their cooking methods are to be closely monitored [3].

Conclusion

Many international bodies have suggested that the diet should contain less than 7% of saturated fat for the prevention of the cardiac diseases. However for old people moderation is the key in case of diet. Trans fats raise your LDL cholesterol and lower your HDL cholesterol. Both of these progressions are related with expanded danger of coronary illness. Elevated cholesterol food varieties, alongside prepared and quick food sources, can add to weight gain and heftiness. Being overweight or large raises your danger of coronary illness just as other ailments. Pick an eating regimen high in vegetables, natural products, and entire grains [4]. Nuts, seeds, and vegetables are additionally heart-good food sources. Pick lean meats, skinless poultry, and greasy fish over red or prepared meat. Dairy items ought to be low fat. Keep away from trans fats by and large. Pick olive, canola, or safflower oils over margarine, fat, or strong shortening.

References

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