

Food allergies can affect cholesterol levels and heart disease risk.

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Abstract

Lifestyle factors, including nutrition, play an important role in the etiology of Cardiovascular Disease (CVD). The nutritional information is divided into three main sections: dietary patterns, individual food items, and nutritional supplements. The dietary patterns reviewed include low carbohydrate diet, low-fat diet, Mediterranean diet, and the DASH diet. Foods reviewed in the second section include: whole grains and dietary fiber, vegetables and fruits, nuts, soy, dairy products, alcoholic drinks, coffee and caffeine, tea, chocolate, garlic, and eggs. Supplements reviewed in the third section include salt and sodium, omega-3 and fish oil, phyosterols, antioxidants, vitamin D, magnesium, homocysteine-reducing agents, and coenzyme Q10.

Keywords: Food, Diet, Lifestyle, Nutrition, Cardiovascular, Prevention, Dietary cholesterol.

Introduction

Cholesterol is a fatty substance that is found in your blood. It plays an important role in the body, but too much cholesterol can build up in your arteries and increase your risk of heart disease. There are two types of cholesterol: Low-Density Lipoprotein (LDL) and High-Density Lipoprotein (HDL). LDL is often referred to as "bad" cholesterol because it can build up in your arteries, while HDL is known as "good" cholesterol because it helps remove LDL from your blood [1].

Food allergies are a growing concern for many people, with an estimated 32 million Americans having some form of food allergy. These allergies can cause a range of symptoms, from mild to severe, and can even be life-threatening in some cases. Recent studies have shown that food allergies can impact cholesterol levels in a number of ways. For example, people with peanut allergies have been found to have higher levels of LDL cholesterol than those without allergies. Similarly, individuals with shellfish allergies have been found to have lower levels of HDL cholesterol than those without allergies [2].

One of the ways food allergies can impact cholesterol levels is through inflammation. When your body is exposed to a food allergen, it can trigger an inflammatory response. This inflammation can cause damage to your blood vessels, which can lead to the build-up of cholesterol in your arteries. Food allergies can also impact cholesterol levels through changes in diet. Many people with food allergies are forced to eliminate certain foods from their diet, which can lead to imbalances in their nutrient intake. For example, if someone with a dairy allergy eliminates all dairy products from their diet, they may not be getting enough calcium, which is important for maintaining healthy cholesterol levels [3].

Another way food allergies can impact cholesterol levels is through stress. Living with a food allergy can be stressful, and stress has been shown to impact cholesterol levels. When you're stressed, your body releases hormones that can raise your LDL cholesterol levels [4].

So, what can you do to manage your cholesterol levels if you have a food allergy? The first step is to work with your doctor to develop a plan that takes your allergy into account. This may include avoiding certain foods, taking medication to manage your symptoms, or working with a dietitian to develop a balanced diet that meets your nutritional needs.

In addition to working with your healthcare provider, there are some steps you can take on your own to manage your cholesterol levels. These include [5]:

- ✓ Eating a healthy diet that is low in saturated and Trans fats
- ✓ Getting regular exercise
- ✓ Maintaining a healthy weight
- ✓ Quitting smoking

Conclusion

Food allergies can impact cholesterol levels and increase your risk of heart disease. If you have a food allergy, it's important to work with your healthcare provider to develop a plan that takes your allergy into account and to take steps to manage your cholesterol levels. By doing so, you can reduce your risk of heart disease and improve your overall health and well-being.

References

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