

Blood Cholesterol

What is cholesterol?

Cholesterol is a soft, waxy substance found among the lipids (fats) in the bloodstream and in all your body's cells. A high level of cholesterol in the blood is a major risk factor for coronary heart disease.

Sources of cholesterol

Cholesterol comes from two sources. It is produced in your body and found in foods that come from animals, such as meats, poultry, fish, seafood and dairy products. Foods from plants (fruits, vegetables, grains, nuts and seeds) do not contain cholesterol.

What is the normal blood cholesterol level?

Reference ranges (from American Heart Association)	Recommendation
Desirable : <200 mg/dl	You may need to contact your Physician for further discussion if you have a borderline or high level of cholesterol.
Borderline : 200-239 mg/dl	
High risk : > 240 mg/dl	

Simple Tips to prevent high blood cholesterol level:

1. Reduce the total amount of fat in your diet. Eat more vegetables and dietary fibers.
2. Reduce the intake of cholesterol-rich foods, such as lobster, oyster, shrimp, liver and egg yolk.
3. Participate in regular body exercise.



血膽固醇

什麼是膽固醇?

膽固醇是存在於血液中的脂質（脂肪）和所有人體細胞中的一種軟性、臘狀物質。血液中膽固醇水平過高是患冠心病的主要危險。

膽固醇的來源

膽固醇有兩種來源。人體會產生膽固醇，膽固醇亦來自於動物食品，如肉類、家禽、魚、海產品和奶製品。植物（水果、蔬菜、谷物、堅果和種子）食品不含膽固醇。

什麼是正常的血膽固醇水平?

參考範圍 (依據美國心臟病協會)	建議
理想範圍 : <200 mg/dl	如果您的膽固醇達到臨界值或高水平，您可能需要向您的醫生作進一步洽詢。
臨界值 : 200-239 mg/dl	
高風險 : > 240 mg/dl	

預防血膽固醇昇高的簡單方法:

1. 減少飲食中的脂肪總量。食用更多的蔬菜和食物纖維。
2. 減少膽固醇含量高的食物攝入量，如龍蝦、蠔、蝦、肝和蛋黃。
3. 經常進行身體鍛煉。

