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Fats |

Health.com

Bottom Line:

Saturated fats
raise HDL (the
"good")

cholesterol and
change LDL from
small, dense
(bad) to Large
LDL, which is
mostly benign.

Overall,

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saturated fats
do not harm the
blood lipid ...

Dietary fats:
Know which types
to choose - Mayo
Clinic

Avocados are
among the best
sources of
potassium in the
diet, even
containing 40%

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more potassium
than bananas, a

typical high
potassium food.

They're also a
great source of
fiber, and
studies have
shown that they
can lower LDL
cholesterol and
triglycerides,
while raising
HDL (the "good")

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cholesterol (6,
7, 8).

The truth about
fats: the good,
the bad, and the
in ...

LDL (low-density
lipoprotein),
sometimes called
"bad"
cholesterol,
makes up most of
your body's

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cholesterol.

High levels of LDL cholesterol raise your risk for heart disease and stroke. HDL (high-density lipoprotein), or "good" cholesterol, absorbs cholesterol and carries it back

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to the liver.
Good For You

Fat and
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Good for You by
Uffe Ravnskov
Saturated fat.
This type of fat
comes mainly
from animal
sources of food,
such as red
meat, poultry
and full-fat

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dairy products.
Saturated fats

raise high-
density
lipoprotein (HDL
or "good")
cholesterol and
low-density
lipoprotein (LDL
or "bad")

cholesterol
levels, which
may increase
your risk of

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cardiovascular
disease. Trans
fat.

Fats and
Cholesterol |
The Nutrition
Source | Harvard
T.H ...

This book
identifies a
lack of
scientific
information

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supporting a
role of
cholesterol and
dietary fat in
heart disease,
and argues that
fat and
cholesterol are
active
components of
our immune
system and
therefore, "good
for you." The

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most interesting
part of this

book is,
however, the
authors
hypothesis about
what really
causes heart
disease.

Facts About
Cholesterol and
Fats - WebMD
Rather than

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adopting a low-fat diet, it's

more important to focus on

eating

beneficial

"good" fats and

avoiding harmful

"bad" fats. Fat

is an important

part of a

healthy diet.

Choose foods

with "good"

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unsaturated
fats, limit
foods high in
saturated fat,
and avoid "bad"
trans fat.

11 High-
Cholesterol
Foods — Which to
Eat, Which to
Avoid
But it's easy to
get confused

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Cholesterol Are
Good For You
about good fats
vs. bad fats,

how much fat we
should eat, how
to avoid artery-
clogging trans
fats, and the
role omega-3
fatty acids play
in heart health.

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Cholesterol is a type of fat in our bodies. You produce cholesterol naturally and like other fats, it aids many functions in the body. There are two types of cholesterol: LDL and HDL. Both

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Cholesterol Are
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are necessary
for your body's

function. LDL
cholesterol
carries fat
molecules to the
cells and is
thought of as
the 'unhealthy'
cholesterol.

10 High-Fat
Foods That Are
Actually Super

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polyunsaturated
fats in place of
saturated fats
or highly
refined
carbohydrates
reduces harmful
LDL cholesterol
and improves the
cholesterol
profile. It also
lowers

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triglycerides.

Good sources of
omega-3 fatty
acids include
fatty fish such
as salmon,
mackerel, and
sardines,
flaxseeds,
walnuts, canola
oil, and
unhydrogenated
soybean oil.

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Book - Fat and
Cholesterol are
Good for You by
Uffe ...

Saturated fat
increases total
cholesterol and
LDL, and may
boost your type
2 diabetes risk.

Meat, seafood,
and dairy
products are
sources of

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saturated fat.
Some plant
foods, like palm
and coconut ...

Good Fats vs.
Bad Fats: Get
the Skinny on
Fat

All the while I
was reading "Fat
and Cholesterol
Are Good For
you," I kept

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Cholesterol Are
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thinking about
about a dear

relative who has
cut most of the
fat out of her
diet and is on
statins.

Everything her
doctor says is
the gospel truth
to this lady and
she follows it
faithfully.

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Fat and
Cholesterol are
Good for You:
Uffe Ravnskov

...

Saturated fat is likely good for you. LDL cholesterol is a crucial component of your immune system.

Cholesterol

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levels are not correlated with incidence of heart disease; indeed, low cholesterol levels are correlated with stroke.

Top 9 Biggest
Myths About
Dietary Fat and
Cholesterol

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Cholesterol from the food you eat may increase your blood cholesterol, so it's a good idea to eat less than 300 mg per day. Cholesterol is required on the label if the food contains it. Sources of cholesterol

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Cholesterol Are
Good For You
include: High-
fat dairy

products (whole
or 2% milk,
cream, ice
cream, full-fat
cheese) Egg
yolks; Liver and
other organ
meats

Saturated Fat:
Good or Bad?
In multiple

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Cholesterol Are
Good For You
human studies,
the low-fat diet

has actually
made some
important risk
factors worse,
raising
triglycerides,
lowering HDL
(the good)
cholesterol and
making the LDL
particles
smaller (10 ...

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Fats | ADA
Cholesterol-rich foods are not all created equal — while some like eggs and full-fat yogurt are nutritious, others aren't good for your health.

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Good fats, bad
fats and

lowering your
cholesterol -

Your.MD

HDLs are "good"
cholesterol: The
more HDL you
have, the lower
your risk for
developing heart
disease. HDLs
and LDLs are
found only in

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Cholesterol Are
your blood , not
in food. Test

Your Cholesterol

LDL & HDL: Good
& Bad

Cholesterol |
cdc.gov

When it comes to
diet, fats get a
bad rap. Some of
this is
justified,
because certain

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types of fat —
and the fat-like

substance
cholesterol —
may play a role
in
cardiovascular
disease ...

Good Fats vs.
Bad Fats:
Everything You
Need to Know
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Written with

incisive,

comprehensive,

and devastating

logic, Ravnskov

systematically

demolishes the

cholesterol myth

by a detailed

analysis of the

results of

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