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All The Fuss About Cholesterol

By:



You have probably been told to get your cholesterol levels checked or you may have seen people be careful about what they eat because they found out they have high cholesterol. You may be thinking what is cholesterol? What should I do about it?

This post explains everything you should know about cholesterol.

What is cholesterol?

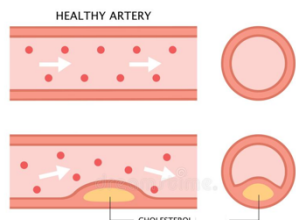
Cholesterol is a type of fat and it is not inherently “bad”. In fact, your body needs cholesterol to build cells and to make vitamins and hormones. For example, your body uses cholesterol to make puberty hormones like testosterone and estrogen. Cholesterol gets around in your body, to wherever it is needed, through the blood. That is why doctors order blood tests to measure your cholesterol levels.

Where does the cholesterol in our body come from?

Our wonderful body makes all the cholesterol it needs. Most of the cholesterol in our blood, however, is extra cholesterol from the food we eat. You probably heard that eggs, butter, and meat have cholesterol. That is true. But so do avocados, nuts, fish, beans, and even spinach. Everything on this tray has cholesterol!



So, what is all the fuss about? If it is good for you and found in so many different foods, why are doctors concerned about cholesterol levels?



As I mentioned earlier, cholesterol is transported through the blood to all tissues and organs. Sometimes, it can get into the blood vessel wall and form a plaque. Most people have some cholesterol in their blood vessel walls, even babies are born with a bit of this. But, too much of the build-up can cause problems later.