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## Eating to Lower Your High Blood Cholesterol

By Institutes Of Health National Institutes of Health, Public Health Service U S Public Health Service

Fredonia Books (NL), Netherlands, 2006. Paperback. Book Condition: New. 220 x 146 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.High blood cholesterol is a serious problem. Along with high blood pressure and cigarette smoking, it is one of the three major modifiable risk factors for coronary heart disease. Approximately 25 percent of the adult population 20 years of age and older has high blood cholesterol levels-levels that are high enough to need intensive medical attention. More than half of all adult Americans have a blood cholesterol level that is higher than desirable. Because high blood cholesterol is a risk to your health, you need to take steps to lower your blood cholesterol level. The best way to do this is to make sure you eat foods that are low in saturated fat and cholesterol. The purpose of this book is to help you learn how to choose these foods. This book will also introduce you to key concepts about blood cholesterol and its relationship to your diet. For example, it includes basic (but very important) information about saturated fat-the dietary component most responsible for raising blood cholesterol-and about dietary cholesterol-the cholesterol contained in food. This book...



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