

Blood lipid profile

It is important to find out the total amount of cholesterol and lipoproteins in the blood. This is the reason why the blood lipid profile test is conducted. It measures the following in the blood;

- Total amount of cholesterol in the blood
- The amount of triglycerides
- The amount of LDL-Cholesterol
- The amount of HDL-Cholesterol

A good blood lipid profile will have the total cholesterol within normal limits, less triglycerides and LDL-cholesterol and more HDL-Cholesterol. The normal limits depends on age.

- **The relationship between fiber and blood lipid profile**

Cholesterol is slowly absorbed unless it is mixed with a lot of fatty acids. Its absorption is further slowed by fiber. That is why eating foods that are high in fiber helps in reducing blood cholesterol levels.