What Is Cholesterol?

Cholesterol is a waxy substance that is similar to fat. Some foods, like saturated fats, prompt your body to make more cholesterol than it needs. Cholesterol travels through your blood in packets of protein and fat. These packets are called lipoproteins. Low-density lipoproteins are also called LDL or “bad” cholesterol. These stick to your artery walls, which makes it harder for your circulatory system to work. High-density lipoproteins are also called HDL or “good” cholesterol. These move cholesterol from your bloodstream to your liver, where it can be processed out of your body.

Why Care About Cholesterol?

Too much cholesterol in your body can lead to all kinds of health issues.

According to the National Heart, Lung, and Blood Institute, “People who have high blood cholesterol have a greater chance of getting coronary heart disease [...] The higher the level of LDL cholesterol in your blood, the GREATER your chance is of getting heart disease.”

How Can You Take Control of Your Cholesterol Levels?

The National Institute of Health has revealed that “You can lower your cholesterol by exercising more and eating more fruits and vegetables.”

Increase the amount of fiber you eat each day, and reduce foods that are high in saturated fat.