

## What you should know about **Cholesterol** for a Healthy Heart



FACTS &

MYTHS

1

**Cholesterol only comes from foods we eat**

**Not true.** Cholesterol comes from two sources.

Source 1: Food

Source 2: Cholesterol is also produced by our liver for various important body functions such as building cell membranes, production of hormones and absorption of fat from food.



2

**Only obese people have high blood cholesterol**

**Not true.** Even thin people can have high blood cholesterol.

4

**We should not eat foods containing bad cholesterol (LDL)**

**This is an incorrect statement.** Animal-based foods do contain cholesterol, but there is no good or bad cholesterol in food. Good cholesterol (HDL) and bad cholesterol (LDL) are only found in blood. With good dietary practices and an active lifestyle, a person can raise his HDL level and decrease LDL level in the blood.

3

**Kids free from high blood cholesterol**

**No.** Research has shown that kids as young as eight years of age can have high blood cholesterol.

5

**Santan (coconut milk) contains cholesterol**

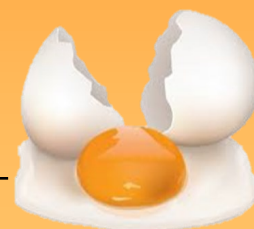
A popular **misconception.** There is no cholesterol in coconut milk. Cholesterol is only found in animal products such as egg, meat, poultry, and dairy products. However, coconut milk contains saturated fat that can raise blood cholesterol level.



6

**It is not encouraged to eat eggs**

**Not true.** Eggs do contain cholesterol. However, cholesterol from foods such as eggs is poorly absorbed into the body and thus contributes to a small rise in blood cholesterol. Therefore, we can continue to eat eggs in moderation.



Source: Ministry of Health