

Tips that Count

Wellness information for your journey to a healthier you!

Common Cholesterol Myths

While cholesterol is key in maintaining the structural integrity of our cell membranes, it's also a key contributor to heart disease. Here are some common misunderstandings about cholesterol.

- **Cholesterol-rich foods are the biggest contributor to high blood cholesterol levels—False.** Foods high in **saturated fats** elevate cholesterol levels much more than do cholesterol-rich foods.
- **Vegetable oils can help protect against heart disease—False.** All cooking oils, even those from vegetable sources, are high calorie—with about 120 calories per tablespoon. All these calories can contribute to weight gain, which is not good for overall heart health. However, vegetable oils are a better choice than using butter, which is high in saturated fats, or solid margarines.
- **Increasing dietary fiber can help lower cholesterol—False.** Only one class of fiber—the soluble kind—can lower cholesterol levels at all, and then only by a very minimal amount.
- **Taking supplements containing the antioxidant vitamins C and E helps lower cholesterol—False.** Several large studies of vitamins C and E have failed to find any significant beneficial effects on cholesterol levels. If you do want to increase your antioxidant intake for other health benefits—such as their immune-boosting potential—do so through better food choices, not with pills.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.