HDL Cholesterol

Ninety-five percent of the cholesterol in your blood is in the form of HDL, which is known as high-density lipoprotein. HDL cholesterol is often referred to as "good" cholesterol because it is carried by your blood to the liver to be recycled or removed from the body.

How to lower HDL cholesterol

Your HDL level is lower than normal if it is lower than 40 mg/dl. If your HDL is lower than 60 mg/dl, you are at increased risk for heart disease. If your HDL is less than 35 mg/dl, you are at increased risk for heart disease, even if your total cholesterol is lower than 200 mg/dl.

Ways to take action

1. Eat a heart-healthy diet that is rich in fruits, vegetables, and fiber-rich foods. You should eat as much plant food as possible to lower your cholesterol levels.
2. You should eat foods that are high in fiber and low in saturated fat and cholesterol. You should also eat foods that are high in fiber and low in sodium.

About HDL cholesterol

HDL cholesterol is a type of cholesterol that is carried by your blood to the liver to be recycled or removed from the body. HDL cholesterol is called "good" cholesterol because it helps to remove cholesterol from the arteries. HDL is made up of small particles that are able to carry cholesterol from the arteries to the liver, where it is broken down and excreted from the body.

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