

Uncovering the Truth About Dietary Cholesterol

What is Cholesterol?

Cholesterol are fats in your blood. There are two types of cholesterol:

- **LDL** cholesterol increases plaques on your artery walls and too much build up can lead to heart disease. Aim for low levels of LDL.
- **HDL** cholesterol reduces plaques on your artery walls and reduces your risk for heart disease. Aim for high HDL levels.

Dietary sources of Cholesterol

Cholesterol in the diet is found from animal sources such as meat, fish, poultry, dairy, and eggs. If you do not have high cholesterol, then there is no need to limit cholesterol in your diet.

When should you limit your cholesterol intake?

- If you have high cholesterol, a history of heart disease, or diabetes, then it is better to limit your intake of cholesterol from your diet.
- Limit your intake to 200-300 mg per day which can be achieved by having a maximum of 3 egg yolks/week. Limit foods high in cholesterol such as organ meats and shellfish, to 1-2 times per week. Choose a variety of foods from [Canada's Food Guide](#).