



Balancing Nutrition
Tu cuerpo en Equilibrio

THE MYTH OF CHOLESTEROL AND SATURATED FATS:

There are a few types of LDL, which is often considered the “bad cholesterol.” Two of them are important to monitor, and it’s essential to understand what they actually represent: a and b.

Type a is the type of cholesterol that increases when we eat healthy saturated fats such as avocado, butter, eggs, coconut oil, olive oil, etc. This cholesterol type is not only NOT DANGEROUS but CRUCIAL for the healthy functioning of our body. 🧠 Our brain, for example, is a very fatty organ and needs this type of cholesterol to stay healthy. It’s also necessary for a healthy nervous system and serves as a building block in the production of our sex hormones.

Type b might be problematic when consumed regularly in our diet. This one is affected by the consumption of large amounts of carbohydrates: breads, pastas, glucose, fructose, snacks, alcohol, etc... and it’s this one we should keep our eyes open for.

Often when you have your blood tested for cholesterol, you will receive a general count that doesn’t separate the different types, while you actually need to know which of them is above healthy levels.

So, before banning all fats from your diet, think twice! Drop your carb levels and choose healthy fats as your main fuel. It will keep you satiated longer, and keep your body happy ❤️