

Marie Murphy Health & Fitness

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What is cholesterol?

Cholesterol is a steroid lipid (fat) necessary for proper functioning of our cell membranes and production of hormones. Our bodies already manufacture all the cholesterol we need, so it is not necessary to consume more. Excessive consumption of cholesterol has been shown to increase the risk of heart disease and stroke. Cholesterol is only found in animal food products. The current percent daily value (DV) for cholesterol is 300mg.

High Cholesterol Foods

FOODS	AMOUNT	Cholesterol (mg)
Fast Foods (Breakfasts)	1 muffin (ham, egg or cheese)	246
Egg yolk	1 yolk	210
Chocolate Mousse	¼ cup	140
Oil Packed Fish	1 can	130
Pork Ribs	3 ounces	100
Ice Cream	½ cup	98
Caviar (Fish Roe)	1 tablespoon	94
Crab Cakes	1 crab cake	90
Fried Chicken	1 piece	83
Heavy Whipping Cream	½ cup	82
Processed Meats (Sausage, Lamb)	1 link	63
Shrimp (Prawns, Camarones)	1 ounce	55
Snack and Candy Bars	1 ounce	38
Bacon	4 slices	36
Butter	1 tablespoon	30
Cookies, Cakes, Pies, and Brownies	1 ounce	33
Shellfish (Oysters, Clams, and Mussels)	1 ounce	30
Whole Milk	1 cup	24
Liver, Pate, Foie Gras	1 tablespoon	20

Cholesterol Lowering Foods

FOODS	AMOUNTS/TYPE	LOWERING %
Mono/Polyunsaturated Fats	olive oil, canola oil, peanut oil, and avocados	18
Bran (Oat, Rice)	1 cup oat bran / whole products like brown rice	7-14
Flax Seed	38 grams per day	14
Garlic	less than half a clove (900mg) of raw garlic/day	9-12
Almonds	half a cup of almonds	7-10
Lycopene Foods	red fruits and vegetables (tomatoes, watermelon)	10-17
Walnuts and Pistachios	30 grams	10
Dark Chocolate /Plant Sterols	Choc. 29g / plant oils like corn oil and soybean oil	2-5
Green Tea	Up to 10 cups daily	2-5