

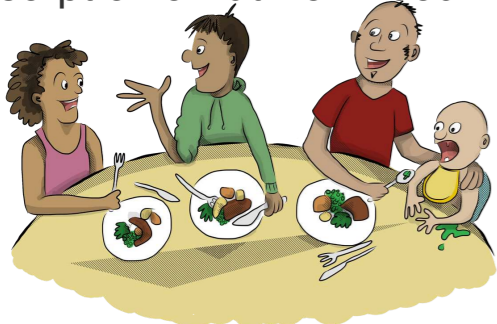
CHOLESTEROL MYTHS & FACTS

1 in 2 Malaysian adults has high cholesterol.
Malaysians are getting heart attack 10 years younger
compared to 30 years ago

1

CHOLESTEROL ONLY COMES FROM THE FOOD WE EAT

Not true. Cholesterol comes from two sources. While food is one of them, cholesterol is also produced by our liver for various important body functions such as building cell membranes, production of hormones and absorption of fat from food.



2

WE SHOULD NOT EAT FOOD CONTAINING BAD CHOLESTEROL

This is an incorrect statement. Animal-based foods do contain cholesterol, but there is no good or bad cholesterol in food. Good (HDL) and bad (LDL) cholesterol are only found in blood. With good dietary practices and an active lifestyle, a person can raise the good (HDL) cholesterol level in the blood.



3

ONLY OBESE PEOPLE HAVE HIGH CHOLESTEROL

Not true. Even thin people can have high blood cholesterol



4

KIDS CAN'T HAVE HIGH CHOLESTEROL

No. Research has shown that kids as young as eight years of age can have high cholesterol



5

SANTAN (COCONUT MILK) CONTAINS HIGH CHOLESTEROL

A popular misconception. There is no cholesterol in coconut milk. Cholesterol is only found in animal products. However, coconut milk contains saturated fat that can raise cholesterol level.



6

IT IS NOT ENCOURAGED TO EAT EGGS BECAUSE THEY ARE HIGH IN CHOLESTEROL

Not true. Eggs do contain cholesterol. However, cholesterol from foods such as eggs is poorly absorbed into the body and thus contributes to a small rise in cholesterol. Therefore, we can continue to eat eggs and give them to our children as they are nutritious.

