Cholesterol Blood Test Kit Provider Reveals 5 Things that Can Cause High Cholesterol

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Choose Health, a provider of an at-home health tracking service monitoring key markers of internal health, has recently published a blog post titled, ?5 Things You Didn't Know Cause High Cholesterol.? While cholesterol is a naturally-occurring substance in the blood, a high level of cholesterol in the blood can be detrimental to the body. There are two kinds of cholesterol: low-density lipoprotein (LDL), which is the ?bad? cholesterol; and high-density lipoprotein (HDL), which is the ?good? cholesterol.

A buildup of LDL can result into blockages in the arteries and blood vessels. If the blockage, blocks the flow of blood, it could lead to a stroke, heart attack, or heart disease. Thus, it is vital to avoid having high cholesterol levels. While people usually associate high cholesterol levels with a diet that contains foods that have high levels of cholesterol, such as cheese and red meat, the are other contributors to high cholesterol. The article reveals that there are five things that can also lead to high cholesterol levels that people are usually not aware of. These include: refined carbohydrates, coffee, lack of exercise, alcohol, and excess weight.

While carbohydrates are a vital source of energy for the body, refined carbohydrates in a person?s diet can

affect cholesterol levels by increasing LDLs. In contrast, complex carbohydrates, such as fruits, whole grains, beans, and vegetables, provide fiber and slow-releasing energy. These carbohydrates provide a lot of nutrients are important for the body so that health experts are suggesting that complex carbohydrates should make up 45 yo 65 percent of the calories for adults. Refined carbonydrates include candy, sodas, and other sweets, and also white rice, white bread, instant oatmeal, and regular pasta. It is important to note that while the latter four are usually touted as being healthy foods, they are mostly made up of refined carbohydrates, which have been linked to high levels of LDL. The reason is not yet fully understood but it could be the lack of fiber that binds with cholesterol to remove it from the body that results into high cholesterol.

Meanwhile, most people drink coffee as a way to start their day. In fact, about 64 percent of Americans have at least one cup of coffee per day and most ignore the potential negative effects of coffee on the body. It has been observed that unfiltered coffee, such as expresso-based drinks like cappuccino, have higher levels of coffee oils that tend to stimulate the production of cholesterol in the body. Furthermore, people tend to add sugar to their coffee, which can add to calories and fat consumed.

One lifestyle factor that can contribute to high levels of cholesterol is lack of exercise. For those who are just starting, 30 minutes of exercise, six days a week is recommended as a way to help decrease cholesterol levels. The intensity should be gradually increased. However, while intense exercise may be better in helping control cholesterol levels, moderate exercise may be sufficient in increasing HDLs.

Drinking of alcohol beverages is another lifestyle factor that can contribute to high cholesterol levels. It may be argued that they don?t contain cholesterol. However, beer contains a large amount of refined carbohydrates, which can lead to high levels of cholesterol. Hard liquors and spirits don?t have a significant effect on cholesterol level. However, they are often mixed with drinks that have large amounts of sugar and calories. Experts point out that the more frequent these alcoholic beverages are consumed, the higher the possibility of their contributing to high cholesterol levels.

And finally, being overweight can also lead to higher levels of LDL and lower levels of HDL. People with excess weight also tend to have high levels of cholesterol because they tend to lack exercise while consuming significant amounts of processed carbohydrates that also contribute to high cholesterol. While there is a complex relationship between obesity and high cholesterol, experts recommend a combination of exercise and a change in diet to lower cholesterol levels.

People who would like to know more about at-home testing of important markers, including a cholesterol blood test kit, can check out the Choose Health website, or contact them through the telephone or via email.
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