CHOLESTEROL AND **CARDIOVASCULAR** DISEASE



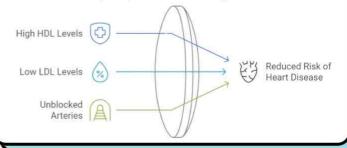


What are cardiovascular diseases?

Cardiovascular diseases (CVDs) are a group of disorders of the heart and blood vessels and include coronary heart disease, cerebrovascular disease, rheumatic heart disease and other conditions.



Most heart and blood vessel disease is caused by a buildup of cholesterol, plague and other fatty deposits in artery walls.



Myth 1: We can only eat an egg per day

> Research Findings

Studies showing that moderate egg consumption does not harm cholesterol levels.

Myth The misconception that egg consumption significantly raises cholesterol levels.

Cholesterol



Health Recommendations

Guidelines suggesting 1-3 eggs per day for health benefits.

Myth 2: In-food cholesterol up, the risk of CVDs up

A lipoprotein often (FAT) 'anod cholesterol.'

A lipoprotein often misunderstood as bad cholesterol

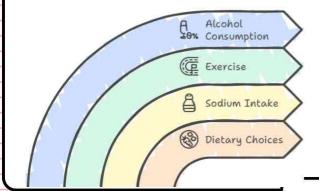


Saturated Fatty Acids

The primary dietary component affecting cholesterol levels

Cholesterol in Food

A minor dietary component in cholesterol management.



Comprehensive Guide to Heart Health

- Advises on limiting alcohol intake
- Encourages regular physical activity
- Emphasizes reducing salt consumption
- Focuses on balanced eating and nutrition

Group EACJ