



BOSCH

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Health tip

Focus on cholesterol

When it's a question of cardiovascular disease, there's always one substance that is part of the overall picture: cholesterol.

► A vital substance

Cholesterol is a substance that we couldn't live without. An important element of the human body, it is made by the liver in sufficient quantities. We also ingest it at our daily meals. This means we can influence our cholesterol level ourselves. If it's constantly too high, this raises the risk of cardiovascular disease.

► Individual consideration

When considering the total cholesterol value in the blood, a key role is played by the ratio of LDL (low-density lipoprotein), also known as "bad" cholesterol, to HDL (high-density lipoprotein), i.e. "good" cholesterol. The lower your LDL and the higher your HDL, the better it is.

► Diet and lifestyle

A lack of exercise, excess weight, smoking and above all our eating habits can all contribute to raising cholesterol levels. Maintaining a health-conscious lifestyle helps to keep the individual risk factors as low as possible. This includes a diet with plenty of vegetables, fruit, fish and vegetable fats as they do not contain cholesterol. All animal-based products such as meat, eggs, offal, lard, sausage, cheese, butter and other dairy products include cholesterol and should therefore only be consumed in moderation.



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Tip:

Interested in further information on the issue of cholesterol?

Here are some interesting facts: www.Bosch-BKK.de/cholesterin