



Hyperlipidemia: Fiber, Fats & Cholesterol

Cholesterol metabolism responds strongly to dietary fiber and fat quality. Fiber removes cholesterol from the body, while healthy fats improve lipid behavior. Modern diets often lack both. Correcting this improves lipid profiles quickly.

Soluble fiber binds bile acids in the gut, forcing the liver to use circulating cholesterol to replace them. Omega-3 and monounsaturated fats reduce triglyceride production and inflammation. Processed fats and low fiber intake worsen LDL particle behavior.

Labs often show rising LDL and triglycerides with low fiber intake. HDL frequently improves when healthy fats replace refined carbohydrates.

Ignoring fiber and fat quality allows silent plaque progression even when cholesterol numbers seem modest.

01 For Example

A 46-year-old has rising LDL and triglycerides despite "low-fat" dieting. Fiber intake is minimal. When oats, legumes, vegetables, olive oil, and fatty fish are added, triglycerides fall and LDL improves without medication changes.

02 Try This Today

Measure: Estimate how many grams of fiber you consume daily.

Do: Add one high-fiber food and one healthy fat source today.

Reflect: Ask whether your diet removes cholesterol or recirculates it.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

