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Cholesterol is one such substance that is part of human cell membranes and can be found in blood. It occurs naturally through the help of liver. Actually, formation of cholesterol takes place through the help of some particular foods that we consume on a daily basis. Some of the most common foods include dairy products, egg yolks, and red meat. A certain amount of cholesterol is necessary for human body to create hormone and vitamin D. However, rise in cholesterol levels can be quite dangerous and can lead to formation of plaque within blood vessels. This is often termed as atherosclerosis and is quite risky in causing severe heart diseases.

Generally, cholesterol levels are determined mainly through the help of genetics. It is quite natural to have low percentage of cholesterol in blood cells. It is considered good sign to keep the heart healthy and free from some severe attacks. However, once the level start to increase, it becomes quite dangerous and can even be life threatening.

It is necessary to understand the necessary reasons that lead to occurrence of atherosclerosis & other heart diseases through rise in cholesterol levels. Cholesterol gets transported into the bloodstream through the help of lipoproteins. What exactly are these lipoproteins?

Lipoproteins can be defined as a special type of protein substance which is responsible for cholesterol transportation through blood cells. HDL or High Density Lipoproteins help in transporting cholesterol away from the blood vessels. This is good for the human body. However, LDL or Low Density Lipoproteins mainly penetrates the blood vessel walls, deposit cholesterol, & results in forming plaques. This is quite harmful to human body.

Below is a list of cholesterol level suitable for human body:

Total level of cholesterol should be < 5.5 mmol/l

LDL level should be < 3.5 mmol/l

HDL level should be > 1.0 mmol/l

The ratio between LDL & HDL should be < 4

Triglycerides level should be < 2.0 mmol/l

A suitable cholesterol test needs to be conducted to check the level. There are home testing kits available in the market. However, it is always better to consult suitable medical experts prior taking any tests. Intake of fruits like Citrus and apples are helpful in reducing cholesterol level.

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