

# Hdl cholesterol levels

[Health & Medicine](#)



Question 4: Olive oil has various therapeutic qualities which include reduction or prevention of diseases such as blood pressure, diabetes, obesity, rheumatoid arthritis, osteoporosis, reduce the probability of stroke, and certain cancers. Research also proves that it counters aging and promotes positive immune and inflammatory responses to certain conditions such as stroke hence reducing the risk of occurrence.

Question 5: Both butter and margarine have about the same amount of calories and they have a fat content of about 80% each and water content of about 16% each.

However, they have a lot of differences as far as nutrition goes: Butter has vitamins A, D, E, and K which are not found in margarine.

Margarine has trans-fat or toxic metals which are not found in butter.

Butter has dietary cholesterol and a lot of saturated fats which are minimal in content or lacking in margarine. In conclusion, butter is nutritionally healthier as compared to margarine.

Question 6: From the passage, the ingredients that contain cholesterol are butter, cheese, margarine, and salmon (minimal).

Question 7: Since it is winter I would suggest a steamy bowl of macaroni and cheese; brightly colored fruits, vegetables, and healthy fats such as the ones found in nuts and fish which can actually strengthen the body to fight the seasonal depression. He may also microwave frozen raspberries and eat with topping for yogurt; he may also prepare vegetables and a change to whole-grain pasta as a healthy alternative.

Question 8: You avoid saturated fats found primarily in red meat and dairy products. Eliminate trans-fat which is generally found in fried foods and commercial products such as snack cakes, crackers, and cookies.

<https://assignbuster.com/hdl-cholesterol-levels/>

Eat foods rich in omega-3 fatty acids which include some types of fish such as mackerel, salmon, and herring. Other sources of omega-3 include almonds, flaxseeds, and almonds.

Increase soluble fiber in the diet which is found normally in fruits, beans, lentils, vegetable oats, and oat bran.

Question 9: Sources of omega 3 include:- avocado, vegetables (spinach, purslane, collards, mustard greens, and kales) and flaxseed oil.

Sources of omega 6 include hemp seeds, pumpkin seeds, borage oil, pistachio nuts, pignolia nuts, pistachio nuts, and raw sunflower seeds.

Question 10: A day's meal plan

**BREAKFAST LUNCH DINNER SNACKS**

Breakfast burrito Tuna salad sandwich Baked salmon 1 cup cantaloupe balls

1 flour tortilla 2 slices bread 3 ounces salmon fillet

1 scrambled egg 2-ounce tuna 2 tsp lemon juice

1 cup black beans 1 Tbsp mayonnaise 2 tsp olive oil

Large grapefruit shredded lettuce Quinoa with almonds

Bev. 1 cup orange juice medium peach 1 cup quinoa

Bev. 1 cup of milk 1 once slivered almond

Beverage: 1 cup of milk