Cholesterol in Human Nutrition

Cholesterol is the principal sterol synthesized by animals, predominantly in the liver. It is an essential structural component of mammalian cell membranes and is required to establish proper membrane permeability and fluidity, also important in the manufacture of bile acids, steroid hormones and vitamin D.

Although cholesterol is important and necessary for biological processes, high levels of cholesterol in the blood have been linked to damage to arteries and cardiovascular disease.

Cholesterol is found in egg yolks and organ meats such as liver and kidneys but can also be synthesised in the body.

Requirement

- Daily fat intake should be 0.3g animal and 0.4g vegetable fat per kg of bodyweight.
- Cholesterol should be restricted to 300mg/day or less.

Excess fat intake should be avoided as it is linked to having an increased risk of obesity, coronary heart disease and certain types of cancer.

Links

Related articles

- Lipids and Carbohydrates in Human Nutrition
- Minerals in Human Nutrition
- Trace Elements in Human Nutrition
- Food Contaminants

External Links

- http://www.who.int/nutrition/topics/nutrecomm/en/index.html (http://www.who.int/nutrition/topics/nutrecomm/en/index.html)

Bibliography

- BENCKO, Vladimir, et al. *Hygiene and epidemiology : selected chapters.* 2. edition. Prague. 2008. ISBN 80-246-0793-X.