

Download Diet And Heart Disease A Round Table Of Factors

According to the American Heart Association, heart disease accounts for about 33 percent of deaths in the U.S.—claiming one life every 38 seconds. Those are some scary numbers, but you can avoid becoming a statistic by looking at what you eat more closely. Want to lower your risk? The AHA ... The Diet-Heart Myth: Cholesterol and Saturated Fat Are Not the Enemy. Read more and find related Heart Disease, Myths & Truths articles from Chris Kresser. Why blood cholesterol matters. High blood cholesterol is one of the major controllable risk factors for coronary heart disease, heart attack and stroke. As your blood cholesterol rises, so does your risk of coronary heart disease.. What is blood cholesterol? Blood tests for measuring cholesterol are misdirected. Most doctors think total cholesterol and LDL cholesterol must be rigidly controlled in order to reduce heart disease risks, yet half of the people suffering a heart attack have normal cholesterol levels.