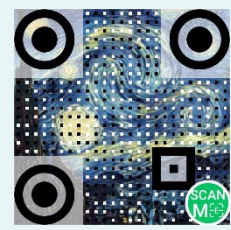


# Dyslipidemia

Eggs & seafood are fine in moderation



Genetic constitution



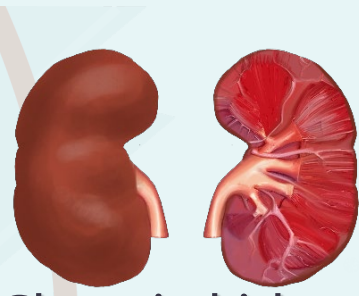
Diabetes



70-80% of cholesterol is produced by the liver  
20-30% of cholesterol comes from diet



Hypo-thyroidism



Chronic kidney disease  
HIV/AIDS



β blockers/diuretics  
Anti-arrhythmic drugs  
retinoic acid/cancer drugs  
HIV/transplantation drugs



Obesity  
overweight



Saturated fatty acids  
Let the liver produce LDL↑  
Meat and rendered fats

Pork belly/processed meat  
fried food/Butter/lard  
pig & chicken skin  
whole milk/coconut & palm oil



Trans fatty acids  
LDL ↑ TG ↑ HDL ↓  
Baked goods  
refined starches

margarine/shortening  
creamer/biscuits/cakes  
bread/desserts/potato  
chips/ice cream



Sugary drinks  
Blood sugar ↑ Insulin ↑  
Blood lipids ↑  
juice/carbonated drinks

Smoking  
HDL ↓



Physical inactivity

