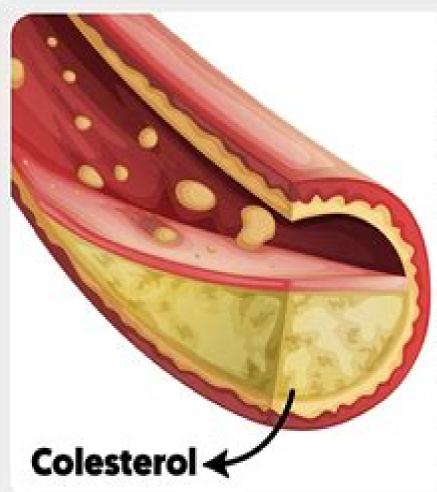
¿QUÉ ES EL COLESTEROL?



El colesterol es un lípido presente en la sangre y es necesario para el funcionamiento adecuado del cuerpo, pero en exceso puede causar problemas de salud.

Hay dos tipos de colesterol: el colesterol LDL (malo) y el colesterol HDL (bueno).

El LDL se acumula en las arterias y puede causar enfermedades del corazón, mientras que el HDL ayuda a eliminar el exceso de colesterol del cuerpo.

Las dietas ricas en grasas saturadas y el estilo de vida sedentario pueden aumentar el nivel de colesterol LDL en el cuerpo.

El Colesterol

Yi-Tong Ma

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