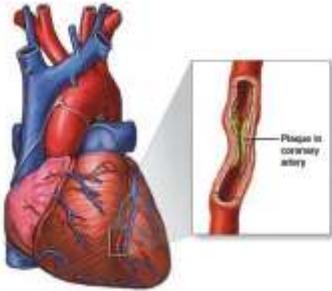


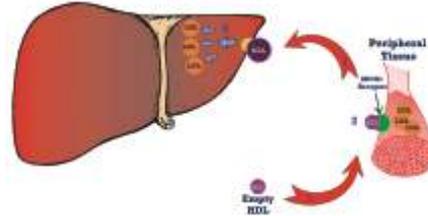
Is cholesterol necessary for our body?

Yes, it is necessary for the production of vitamin D, some hormones and bile acids (digestive enzyme from liver) in our body. Bile acids are necessary for the proper digestion and absorption of fats and oils in our diet



Then why such a fear developed against cholesterol ?

Because of its association with heart disease by narrowing the blood vessels to heart, by getting deposited on their inner linings, resulting in plaque formation and finally leading to atherosclerosis

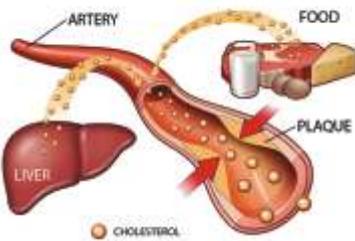


Is there any good cholesterol?

Yes, High density lipoprotein (HDL) is known as the good cholesterol. It collects Low density lipoprotein (LDL) (cholesterol) from other parts of the body, brings to liver and get them converted to bile acids, thus reducing the cholesterol level.

How do we get cholesterol in our body?

- Through diet.
- Production in our body by liver and small intestine.



How can we reduce cholesterol content?

- Saturated fatty acids encourage its production – so avoid such foods and include foods containing polyunsaturated fatty acids
- High total fat in diet leads to the production of LDL - hence always prefer low fat foods
- Omega-3 fatty acids suppress cholesterol production in the body
- Dietary fiber inhibits intestinal cholesterol absorption – so include fibrous foods
- Avoid obesity- exercise can improve the advantageous good cholesterol level (HDL)
- Fish is rich in polyunsaturated fatty acids, very low in saturated fat and high in Omega-3 fatty acids. All the above suppress cholesterol production in the body – so include fish in your daily diet

Is shrimp/prawns having higher cholesterol content safer than beef ?

Yes. Shellfishes are with comparatively higher cholesterol content, but low in total fat, low in saturated fat and high in omega-3 fatty acids - hence less significant effect on blood cholesterol levels compared to meat, milk and dairy products. They on the other hand though are moderate in cholesterol, are high in total fat, high in saturated fats and having no omega-3 fatty acids. Hence they have more effect on blood cholesterol levels by encouraging its production in the body



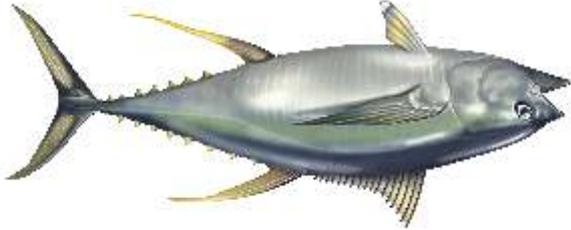
What are NCS?

NCS are non-cholesterol sterols present in mollusks and crustaceans (oysters, clams, crabs etc). Prior to the modern chromatographic techniques for determination, they were considered in the total cholesterol content. NCS inhibit or compete with intestinal absorption of cholesterol from other foods. Hence include oysters and clams in your daily diet





FISH AND CHOLESTEROL Myths and Facts



Published on public interest by

National Institute of Fisheries Post Harvest Technology and Training

Govt. of India, Ministry of Agriculture
Deptt. of Animal Husbandry, Dairying & Fisheries

Foreshore Road, P.B. No. 1801, Cochin-682016
Phone: 0484-2352172, Fax: 0484-2373516
Email: ifpchn@nic.in, niffatkochi@yahoo.in
Web: <http://ifpkochi.gov.in>

Visakhapatnam Unit
Opp. Fisheries Harbour, Beach Road
Visakhapatnam-530 001, Tele/Fax: 0891 - 2566258
Email: nifphattvisakhapatnam@gmail.com



Remember !
Seafood is the best
food for you
nutritionally and
on health point of view