

# cholesterol in cream cheese

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## High cholesterol - Symptoms and causes - Mayo Clinic

The body needs some cholesterol to build healthy cells. But high cholesterol can raise the risk of heart disease. Lifestyle changes can help.

## High cholesterol - Diagnosis and treatment - Mayo Clinic

The body needs some cholesterol to build healthy cells. But high cholesterol can raise the risk of heart disease. Lifestyle changes can help.

## Mayo Clinic Q and A: Cholesterol – know your numbers

Do you have high cholesterol? Learn why it's important to know your cholesterol numbers. More from Mayo Clinic.

## Cholesterol: Top foods to improve your numbers - Mayo Clinic

Cholesterol: Top foods to improve your numbers Diet can play an important role in lowering your cholesterol. Here are some foods to improve your cholesterol and protect your heart. By Mayo Clinic Staff

## Mediterranean Diet for Heart Health | Mayo Clinic Diet

Can the Mediterranean diet lower your blood pressure and cholesterol? Discover its proven heart health benefits—backed by science.

## HDL cholesterol: How to boost your 'good' cholesterol

High-density lipoprotein (HDL) cholesterol is known as the "good" cholesterol because it helps remove other forms of cholesterol from the bloodstream. A higher level of HDL cholesterol is linked to a lower risk of heart disease.

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## Mayo Clinic Q and A: Cholesterol – know your numbers

ANSWER: Cholesterol is a type of fat in our blood. Our bodies need a small amount of cholesterol to build the structure of cell membranes, make certain hormones and help with metabolism, such as

producing vitamin D.

## **Top 5 lifestyle changes to improve your cholesterol - Mayo Clinic**

Understand the diet and lifestyle steps you can take to improve your cholesterol.

## **Cholesterol medications: Consider the options - Mayo Clinic**

Your doctor might suggest a single drug or a combination of cholesterol medications. Here's an overview of the pros and cons for common classes of cholesterol medications.