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HEALTH & FITNESS

Avoid seafood to lower blood cholesterol, right?



By Barb Berggoetz
Posted: December 23, 2008

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Reality: No way. In fact, the dietary cholesterol found in seafood and other meats has little effect on blood cholesterol in most people, say dietitians in the "Top 10 Diet & Nutrition Myths" on www.HealthCastle.com, an online health site.

Saturated fats and trans fatty acids are the key factors that raise blood cholesterol, they said. Saturated fats are found in meats and packaged foods, and trans fats are often in packaged snack foods, deep-fried foods or margarine with hydrogenated oil.

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IN THE NEWS

TODAY'S TOP HEADLINES

- Zamboni caused ice-rink illnesses, city reports
- Economy dipped 0.5 percent in third quarter
- Chatard, Guerin to battle in Classic
- November existing home sales fall by 8.6%
- Take cover: Wintry mix will hit Indy area within hours
- More

MOST VIEWED STORIES

Today | Yesterday | Last 7 Days | Last 30 Days

- Commuter may turn into 'big old mess'
- Hoosiers produce smallest point total at Assembly Hall
- Woman who abandoned son at Wal-Mart gets 2 years
- Ex-Star editor to lead IU sports journalism center
- Obama picks Lugar for inaugural panel
- Purdue's Johnson too big, strong for Mastodons
- Broncos or Chargers? Colts still don't know
- Parking lot to be free ice-skating rink
- 2 suspects caught after chase, gunfire
- Daniels to public workers: Skip raises

MOST COMMENTED

- Man found dead at McDonald's had been dropped off by sheriff's office (381)
- Union wants to organize Indy hotel workers (225)
- Gordon: Players' drug use wrecked IU season (159)
- Hoosiers snapping up guns, ammo (976)
- When Ballard won, so did law firm (142)

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