


**Popcorn and triglycerides**

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## Popcorn and triglycerides

Who doesn't like to enjoy a little popcorn when watching a movie? Cooked without butter or too much salt are a much more beneficial food than you think. In the following article we invite you to discover the properties of popcorn.Nutritional properties of popcornIt is a food rich in vitamin E. It provides a high amount of fiber (10g per 100 grams).Contains minerals (iron, calcium, potassium, zinc, magnesium and phosphorus) and vitamins A, B2, B3, B5, B6, B7, B9, B1 2, C, D This was confirmed a few years ago by the American Chemical Society, which published a scientific report analysing and discovering the different nutritional benefits of popcorn. But be careful, because as many nutritionists say, it is not the same to opt for natural wheat popcorn as opting for commercial popcorn in the microwave (or even for the ones we ask at the cinema), because in the last two cases their saturated fat content converts them on the contrary: into an unhealthy food and not at all advisable. The most significant benefits are the following:Helps to lower cholesterol and triglyceridesPopcorn is very rich in fiber, which helps to reduce high cholesterol and triglycerides, as it helps to remove excess fat from blood vessels and arteries. To reduce the risk of cardiovascular disease.Good for diabeticsEven if you probably don't know it, popcorn is a great food for diabetics, because its fiber content helps regulate the passage of glucose into the bloodstream, not being that fast. On the other hand, it also helps to improve insulin levels, compared to people who do not follow a high fiber diet.Prevents the appearance of cancerPopcorn is very rich in antioxidants, especially the presence of polyphenols, which help to reduce the negative effects of free radicals. Scientific studies have found that regular consumption of popcorn is an excellent cancer prevention tool, as polyphenols help reduce the presence and action of free radicals, and reduce the risk of serious diseases such as cancer.Believe it or not, they help you lose weightIn this sense, you can't say that eating popcorn burns fat, but helps you lose weight thanks to its fiber content and reduce weight. inhibit the release of the hunger hormone (ghrelin). That is, it is a delicious food that satiates.To this quality we must add its low fat and calorie content. In fact, a bowl or cup of popcorn provides only 45 calories. So we have an extremely healthy snack, which can become the perfect substitute for French fries.They are anti-agingThe same antioxidants that keep us young inside also do it outside. That's why popcorn can help stop the signs of aging, such as wrinkles, skin spots or hair loss, among others. Of course there is nothing miraculous; consuming them will be an addition to Care of our body.Recipe to make healthy popcorno make popcorn to make healthy popcorn, without more fat than healthy ones supplied by olive or sunflower oil, you just need: a handful corn grain (for example, 60 grams of Raw maize) and 2 or 3 tablespoons of olive or sunflower oil. Cover the bottom of the pan with the oil to choose and heat the fire until it is hot. Add corn kernels without collapsing and covering, leaving a small hole for the steam to escape. Just when the first popcorn starts to sprout, reduce the temperature at medium level. Now wait for you to listen to listening, which will indicate that everything will be ready. Finally turn off the fire, discover and serve. If you want you to have the season to taste, for example add some salt. Popcorn aït Air-Popped can be a filling of a low calorie and low fat snack, as long as you don't add a lot of fattening condiments after popping it. Make sure you only measure your service rather than eating out of the bowl or you could end up eating more than expected. Because the popped air popcorn does not require any oil to cook it, it is very low in fat and calories. This means that you can eat a larger popcorn with air conditioning than other snacks, such as chips, and consume even less calories. Each 3-cup portion of 3 popped-cup popcorn contains only 93 calories and provides 3 grams of protein, 1 gram of fat and 19 grams of carbohydrates, including 3.5 grams of fibers. This is 14% of the daily value for the fiber of 25 grams. The fiber helps to fill you without providing a lot of calories and reduces the risk of amusementulosis, constipation, heart disease and high cholesterol. Popcorn also provides a small amount of essential nutrients, including 35 milligrams of magnesium and 86 milligrams of phosphorus, 9% of the daily value for each of these nutrients, per serving. Magnesium is essential for the correct heart, muscle, nerve and immune function and phosphorus is necessary for renal function, energy storage and strong bones. Popcorn also counts as an intact wheat. The US agricultural department recommends that at least the half of the cereals you eat whole grains. Integral cereals contain more fibers and more micronutrients of refined grains, potentially lowering the risk of cancer, heart disease and diabetes and helping you to maintain a healthy weight, according to an article published in "The Journal of Nutrition" in March 2011. Also Popcorn is " One of the best sources of a type of antioxidant called polyphenols, according to a study presented at the 2012 American Chilter Society Meeting. Antioxidants can help reduce risk to a number of health problems, including cancer, heart disease and la Loss of vision. Instead of adding grease to popcorn with air conditioning pouring a large amount of butter, which could counter all its health and nutrition benefits, consider aromatising your popcorn with spices such as chili, cinnamon or garlic. Cinnamon can help lower triglycerides and cholesterol, cholesterol.garlic is an antioxidant that can lower blood pressure and cholesterol, according to an article published in «Current cardiology Reviews» in November 2010. Some people might want to avoid popcorn, is a risk of suffocation for children under 5 years and some doctors recommend to people with amusing disease to avoid eating popcorn. However, a study published in the «Journal of the american medical Association» in August 2008 found that eating popcorn does not increase the risk of developing diverticulitis. live well triglycerides are fat contained in the food we eat and are transported into the blood. Most of the fat we eat, including butter, margarine and oils, are in the form of triglycerides. excess calories, alcohol or sugar in the body are transformed into triglycerides and are stored in fat cells throughout the body. how are triglycerides different from cholesterol? triglycerides and cholesterol are both fat substances known as lipids, but triglycerides are fat, cholesterol is not. Cholesterol is a waxy and odor-produced substance from the liver which is an essential part of the cell walls and nerves. cholesterol also plays an important role in body functions such as digestion and hormonal production. In addition to being produced by the body, cholesterol comes from animal foods we eat. Pure cholesterol cannot mix or melt in the blood. Therefore, the liver packs cholesterol with triglycerides and proteins in carriers called lipoproteins. lipoproteins move this mixture of fats in areas throughout the body, a high level of triglycerides increases the risk of heart disease. when are triglyceride levels measured? Triglyceride levels are usually measured whenever you have a blood test called a lipid profile. all over 20 years should have their cholesterol controlled at least every 5 years. your doctor can control cholesterol and triglyceride levels by taking a blood sample, which is sent to a test laboratory. the lipid profile shows the level of triglycerides, the level of total cholesterol, the level of hdl cholesterol (high density lipoproteins or "good" cholesterol) and the levels of ldl (low density lipoproteins or "bad"). Triglyceride levels in the blood are normally elevated after eating. Therefore, wait 12 hours after eating or drinking before having triglyceride levels. many other factors affect the levels of triglycerides in the blood, including alcohol, diet, menstrual cycle, daytime and recent exercise. What are the guidelines for triglyceride levels? national guidelines for fasting triglyceride levels in healthy adults are: normal: less than 150 mg/dl borderline high: 151 200 mg/dl high: 201â;499Very high: 500 mg/dl or higher Levels above 200 mg/dl are associated with an increased risk of heart attack, stroke and death. How can triglyceride levels be lowered? If triglyceride levels are high, the next step is for your doctor to check for potential causes. Some medications, thyroid function problems, bad bad bad diabetes, liver or kidney disease can all cause triglyceride levels to be more higher than normal. The first steps in the treatment to lower triglyceride levels include eating a healthy diet, achieving and maintaining a healthy weight, and aerobic exercise regularly. To lower triglyceride levels, your diet should be: low-fat low in sugars into simple carbs (the white stuff, ..., potatoes, pasta, bread), low in alcohol If you have high triglycerides and low HDL levels LDL, or high, you may need to take drugs together to make changes in lifestyle. If triglyceride levels are very high in the range (over 500 mg / dL) it is at risk of developing other medical problems, then most likely you need to take medications. How foods affect levels of triglycerides? Eating foods high in simple sugars contributes significantly to high levels of triglycerides. Follow these guidelines to limit simple sugars in your diet: replacement beverages such as colas, fruit drinks, iced tea, lemonade, Hi-C and Kool-Aid with artificially sweetened beverages labeled without zucheroâ or â â dietaâ. Limiting hard candies, chocolates, candy bars and gummy bears. Avoid adding table sugar and brown sugar cereals, drinks or food. Instead, use an artificial sweetener or herbal or nothing at all! Choose sugar-free gum or gloves instead of regular versions. Try lighter syrups or low in juices of pancakes and waffles. Spread bread and crackers with sugar-free gelatin or preserves. Snack on whole fruits instead of fruit roll-ups and other sweet fruit-flavored. When selecting cereals, choose those with no more than 8 grams of sugar per serving. Try sugar-free gelatin, popsicles, puddings and yogurt instead of regular versions. Be aware that sweets labeled â GRASSIA usually contain more sugar than the variety of fat and the same number of calories. Cut out or avoid eating sweets and desserts, including cookies, cakes, pastries, cakes, ice cream, frozen yogurt, sherbet, ice cream and flavored ice cream. All these foods contain high levels of sugar. Read the ingredient list on food labels and limit foods that list the following words (all simple sugars) in the first ingredients: sucrose syrup of glucose-fructose corn Honey Molasses Corn Syrup High Fructose The natural sugars when eaten in excess, they can also increase the level of triglyceride. Follow these guidelines to help limit the natural sugars: Using honey and molasses sparingly; They are both high in sugar. Choose the light yogurt (made with artificial sweeteners) instead of regular yogurt. Choose Whole fruit instead of fruit juice. Limit dried fruits to 1â "4 cup a day. Dried fruits contain a more concentrated source of sugar than fresh fruits. Choose the canned fruit in your juice and strive before eating. Avoid packed fruits packed in heavy syrup. Limit the size of the portions of starch vegetables to 1â "2 cup. These include mashed potatoes, yam, beans, corn and peas. Limit the baked potatoes (with leather) A a 3 ounces. Limits the refined grains: products made with bleached, enriched or refined flour that contain very little or no food fiber. Choose the bread, crackers and cereals that contain the wheat oats, barley, corn, rice or wheat while the first ingredient tests whole wheat pasta or brown rice. Choose bread, crackers, rice and pasta with 2 or more grams of diet fiber per portion. Select hot and cold cereals with 5 or more grams of diet fiber per portion. Use barley, bulgur, couscous, millet or wheat berries as a side dish. Try whole wheat cracker with soup instead of salted. A key part of triglyceride control is to make sure to limit the size of the portion of wheat-based foods. Examples of a single size of wheat-based food service: 1 slice of bread 2 slices of calorie-calories A½ A½ hot dog or burger sandwich A € A½ English muffin A € A½ bagel (1 ounce) 1 oz most Part of Cold Cereals (A € A½ Cup) 2 Graham Cracker A.Â¼ Matzoh Cracker 4 Slices Melba Toast 3 Popped Cups Light Popcorn 2 to 6 Furnished Integral Crackers Cracker A½ Corn Cooker Cup (Including Oatmeal , oat bran, wheat cream) Alcoholic beverages can significantly increase triglyceride levels. Beer, wine, liqueurs, mixed drinks, wine chillers and coffee drinks containing alcohol are all examples. Men should not have more than 2 drinks a day. Women should have no more than one drink a day. A portion of alcohol is equal to: 1.5 ounce spirits, 3 wine or 12 ounces beer. Keep in mind that these are general guidelines. If you have high levels of triglycerides, you should avoid alcoholic beverages or have less than recommended in the guidelines indicated above. Including too much fat in your diet, especially saturated and trans fats can increase triglyceride levels. However, cut too much on fats can cause eating too much sugar if you eat many reduced fatty foods. If you have high triglycerides, follow these dietary guidelines to reduce fat in your diet: limit total fat intake at 30% to 35% of total daily calories. Limits the saturated fat to 7% of total daily calories. Avoid foods with a high content trans. Limits your total cholesterol input to 200 mg a day. Choose monounsaturated and polyunsaturated fats (such as canola and olive oils) on other types of oils. See your dietitian or your doctor for more information to help you determine your daily fat limit. More ways to help reduce triglycerides: lose weight if you are overweight. Reduce the number of calories you eat every day checking the size of the portions. Eat small meals and frequent and don't skip meals. Avoid late night snack. Participate in physical activity Omega-3 fatty acid foods containing omega-3 fatty acids were found very powerful in lowering triglycerides. To get more fat omega-3 in your diet, choose fat fish for two or more meals every week. Examples of fatty fish are mackerel, salmon, sardines, tuna, herring and trout. You can also choose forms of omega-3 plants, such as food for soy, canola oil, canola, seeds and nuts. The diet and exercise of drug therapy are not always enough to lower high triglyceride levels. If this is the case, you may need to take medication. Statins are the first-line drugs for patients with high triglycerides. While these drugs are known for their cholesterol lowering properties, they also work pretty well to lower triglyceride levels. They are also known to reduce the risk of heart attack, stroke and other important heart events. You may need to take more than one medication. There are several second-line medications that your doctor may prescribe. One is omega-3 fatty acids. The doctor may recommend taking 2,000 mg (2 grams) and 4,000 mg (4 grams) of DHA + EPA (the key omega-3 fatty acids) every day. In great evidence, omega-3 fatty acid supplements have shown to reduce heart risks. 1, 2 Niacin is also used to help reduce lower triglyceride levels. When Niacin is taken in large quantities, it acts as a drug. It is used to lower the levels of both triglycerides and LDL cholesterol (BAD). Niacin therapy can also increase HDL cholesterol levels (goods). Studies show that Niacin alone helps reduce the risk of heart attack, stroke and death. However, we still have no evidence that adding Niacin to treatment with statins has a greater impact on the risk of heart attack, stroke and death. There are some evidence that the combination offers greater benefits than Niacin alone.3 Our Cleveland clinic doctors often prescribe Niacin in combination with statins to help reduce triglyceride and, above all, help lower LDL levels to achieve LDL goals. Researchers in a recent study known as an agreement studied patients with diabetes who were taking a statin and a drug called phenofibric acid (also known as tricar and trilipix) to lower triglyceride levels. Although the levels of triglycerides of patients went down, the study did not establish a general advantage for those taking the drug. This was especially true among women in the process. The drug seemed to decrease the risk of cardiovascular events between a subset of men, especially those with triglyceride levels above 220 mg/dl and very low HDL levels. Therefore, the drug can benefit men with high triglycerides and low levels HDL.4 These studies clearly show that the way a person lowers triglyceride levels makes the difference, and simply lowering levels is not always enough to reduce the risk of heart events. You should discuss the risks and benefits of any therapyTriglycerides with your primary care physician, or see a specialist in the Department of Preventive Cardiology of Cleveland Clinic to help you understand and evaluate your treatment options. Options. Options.

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