**Cholesterol bombs - consume in moderation**

|  |  |  |
| --- | --- | --- |
| **Type of food** | **Cholesterol (mg/100g)** | **Nutrition value****Kcal/100g** |
| **chicken egg yolk** | **1260,0** | **348,7** |
| **cod liver oil** | **850,0** | **882,6** |
| **chicken liver** | **537,0** | **146,7** |
| **chicken egg** | **396,0** | **154,4** |
| **scrambled eggs** | **371,4** | **216,3** |
| **beef kidneys** | **368,0** | **101,6** |
| **pork kidneys** | **358,0** | **114,7** |
| **fried egg** | **354,9** | **257,8** |
| **beef liver** | **342,0** | **147,0** |
| **clarified butter** | **340,0** | **881,0** |
| **pork liver** | **331** | **123,3** |
| **omelet** | **317,7** | **181,7** |
| **bacon and eggs** | **307,7** | **231,8** |
| **true caviar** | **300,0** | **259,3** |
| **biscuits** | **281,0** | **414,4** |
| **liver pâté** | **260,7** | **175,3** |
| **wafers** | **240,0** | **741,2** |
| **butter** | **240,0** | **741,2** |
| **eggs in mustard sauce** | **230,6** | **124,0** |
| **ice cream** | **187,0** | **187,9** |
| **calf liver sausage** | **185,0** | **316,7** |
| **eel** | **181,0** | **266,5** |
| **pâté** | **173,0** | **299,5** |
| **„Salceson”** | **162,0** | **180,7** |
| **mayonnaise** | **160,3** | **789,3** |
| **liver sausage** | **160,0** | **328,4** |
| **pancakes** | **153,1** | **172,2** |
| **shrimp** | **152,0** | **101,6** |
| **sponge cake** | **151,0** | **440,2** |

Plant-based food products do not contain cholesterol. Therefore, if you have elevated cholesterol levels, your diet should consist of as many vegan dishes as possible.

Eat as little butter as possible; instead, introduce low-fat margarine, semi-fat margarine, or preferably semi-fat margarine with phytosterols into your diet