

Top 10 Foods Highest in Cholesterol

Cholesterol is a steroid lipid (fat) found in the blood of all animals and is necessary for proper functioning of our cell membranes and production of hormones. While there can be negative health benefits associated with low cholesterol, cholesterol deficiency is rare. Our bodies already manufacture all the cholesterol we need, so it is not necessary to consume more. Excessive consumption of cholesterol has been shown to increase their risk of heart disease and stroke. Cholesterol is only found in animal food products and thus, vegans are likely to have lower cholesterol than non-vegans. Below are some of the highest in cholesterol foods that you should limit or avoid.

#1 Egg Yolk

The yolks of eggs have the most cholesterol of any food with 1234mg per 100 gram serving or 411% of the RDA. A single egg yolk will provide 210mg of cholesterol, or 70% of the RDA, while a whole egg provides slightly more with 212mg or 71% of the RDA. Thus all the cholesterol in eggs is found in their yolks.

#2 Caviar (Fish Roe)

A common spread for breads in northern and eastern Europe caviar is packed with cholesterol. One hundred grams provides 588mg or 196% of the RDA, that is 31% RDA per tablespoon.

#3 Liver, Pate, Foie Gras

Cholesterol is manufactured in our livers so it is no wonder that as a food, liver is packed with it. The liver from most any meat will contain 564mg of cholesterol per 100 grams or 188% of the RDA. Foie Gras (and most pates) contain 255mg per 100g serving 985% RDA, or 20mg 97% RDA) per tablespoon.

#4 Butter

Common in cakes, cookies, on bread, and vegetables, butter is everywhere. 100 grams of butter packs 215mg (72% RDA) of cholesterol, one stick has more with 243mg (81% RDA), and one tablespoon contain 30 grams or 10% of the RDA.

#5 Shrimp (Prawns, Camarones)

One hundred grams of shrimp will contain 195mg of cholesterol for 65% of the RDA. A single large shrimp, however, only carries around 3-4% of the RDA, and an ounce of shrimp will provide around 19% of the RDA.

#6 Fast Foods (Breakfasts)

Fast foods, the breakfasts in particular, are packed with calories. A ham, egg and cheese biscuit will provide 172mg (57% RDA) per 100g serving, or 246 (82% RDA) per biscuit. An egg and sausage biscuit has even more with 87% of the RDA.

#7 Oil Packed Fish

Often eaten as a health alternative to red meat, the oil of fish, and oil packed fish, does contain quite a bit of cholesterol. Oil packed Atlantic sardines carry 142 mg of cholesterol per 100g service or 47% RDA. That is 44% of the RDA per can, and 11% RDA in a single sardine.

#8 Cheese

A vegetarian source of protein, and also a good source of calcium, cheese is a tasty addition to most any dish. Port de Salut contains the most cholesterol with 123mg per 100 gram serving, or 41% of the RDA. That is 7% RDA per one inch cube. Other cheeses high in cholesterol include: Fontina (939% RDA), Gouda (938%), Cream Cheese (37% RDA), Gruyere (937%) and Cheddar (35% RDA).

#9 Processed Meats (Sausage, Lamb, Duck)

The amount of cholesterol in any processed meat depends on the cut used, and the amount of fat added during processing. Liver sausage and bratwurst will contain around 158mg of cholesterol per 100 gram serving, or 50% RDA. That is around 21% of the RDA per link. In terms of cuts, Lamb and Duck will contain the most cholesterol all things being equal.

#10 Shellfish (Oysters, Clams and Mussels)

Shellfish can be eaten raw, baked, steamed, fried, or made into chowder. Wild Eastern oysters contain the most cholesterol with 105mg per 100 g serving (935% RDA). That is 10% RDA per ounce, or 2.5% RDA per oyster.