

類別	種類	膽固醇含量 (毫克)	種類	膽固醇含量 (毫克)
蛋類	鴨鹹蛋黃	1891	炒蛋	443
	鵝鴨鐵蛋	1575	荷包蛋	434
	鵝蛋	870	雞皮蛋	400
	雞鐵蛋	741	溫泉蛋	393
	鵝鴨蛋	606	茶葉蛋	390
	滷蛋	479	雞蛋	389
	煎蛋	473	雞水煮蛋	383
肉類	豬腦	2075	鵝肝	383
	雞羶丸	578	雞肝(肉雞)	343
	豬脾臟	398	豬腎	340
	醃燻豬肝	390	鰵肝	314
海產類	油魚卵(加工)	1267	蝦皮	426
	小卷子	939	醃漬鮭魚卵	419
	小魚干	669	旗魚肚	347
	蝦米	645	鮪魚肚	340
	正櫻蝦(加工)	609	魷仔魚	337
	鹹小卷	460	軟翅仔	324
	其他	蛋黃酥	577	

111年台灣 食品營養成分 資料庫， 每份100克 食物中的 膽固醇含量

【不利血中膽固醇的食物】

- 蛋(尤其蛋黃、魚卵)
- 全脂奶
- 肉(尤其牛、豬、羊)
- 動物內臟
- 炸物
- 零食餅乾
- 麵包、吐司、蛋糕
- 外食用油

美國USDA飲食指南怎麼說？

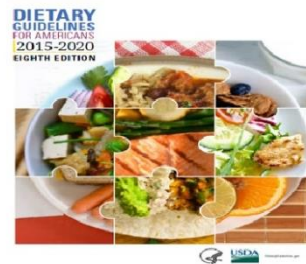
身體將膽固醇用於生理和結構功能，但為此製造的膽固醇綽綽有餘。因此，人們不需要透過食物來攝取膽固醇。

根據美國國家醫學院(IOM)的建議，應在保持健康飲食模式的同時，盡可能少攝入膳食膽固醇

Dietary Cholesterol

The body uses cholesterol for physiological and structural functions but makes more than enough for these purposes. Therefore, people do not need to obtain cholesterol through foods.

The Key Recommendation from the 2010 Dietary Guidelines to limit consumption of dietary cholesterol to 300 mg per day is not included in the 2015 edition, but this change does not suggest that dietary cholesterol is no longer important to consider when building healthy eating patterns. As recommended by the IOM,^[24] individuals should eat as little dietary cholesterol as possible while consuming a healthy eating pattern. In general, foods that are higher in dietary cholesterol, such as fatty meats and high-fat dairy products, are also higher in saturated fats. The USDA Food Patterns are



飲食膽固醇僅存在於動物性食品中，例如：蛋黃、乳製品、貝類、肉類和家禽

Dietary cholesterol is found only in animal foods such as egg yolk, dairy products, shellfish, meats, and poultry. A few foods, notably egg yolks and some shellfish, are higher in dietary cholesterol but not saturated fats. Eggs and shellfish can be consumed along with a variety of other choices within and across the subgroup recommendations of the protein foods group.