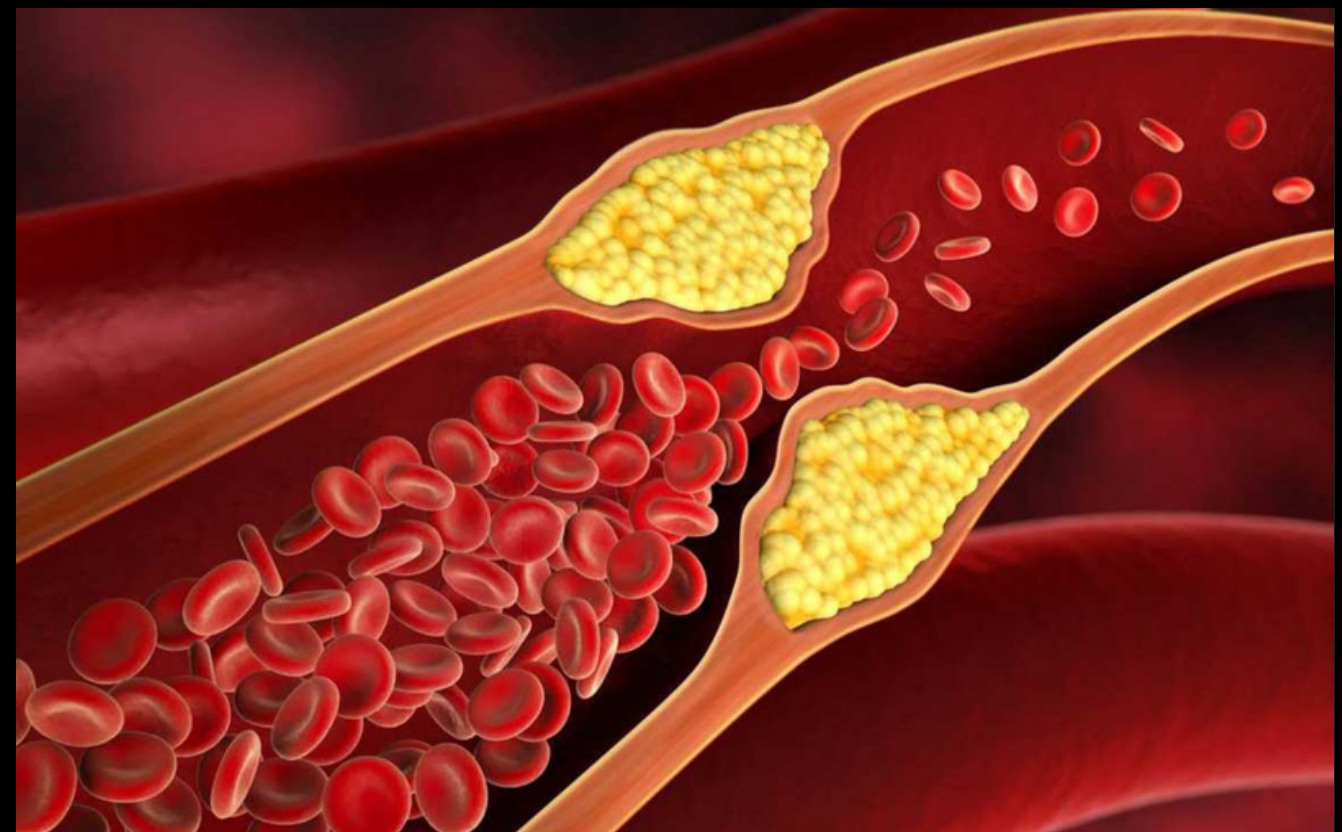




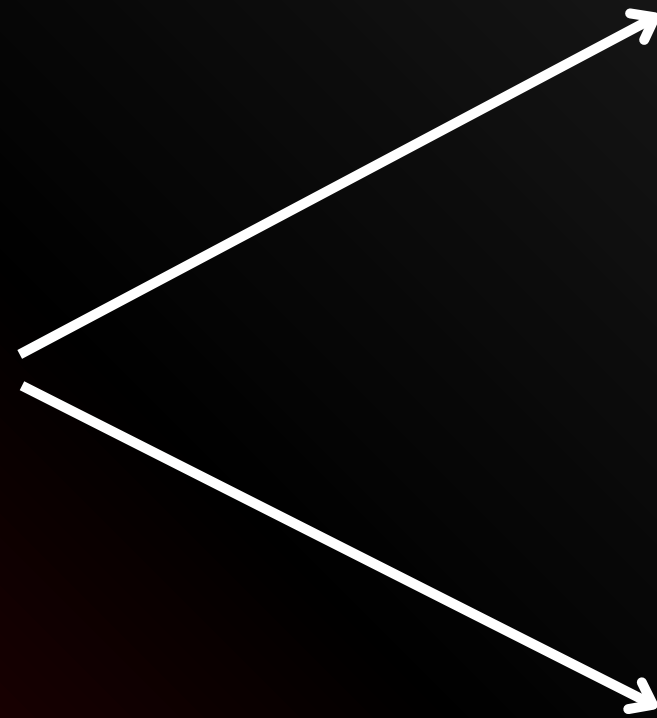
KOLESTEROL

APA ITU KOLESTEROL ?

Suatu zat lemak yang beredar di dalam darah, berwarna kekuningan dan berupa seperti lilin, yang diproduksi oleh hati dan sangat diperlukan oleh tubuh.



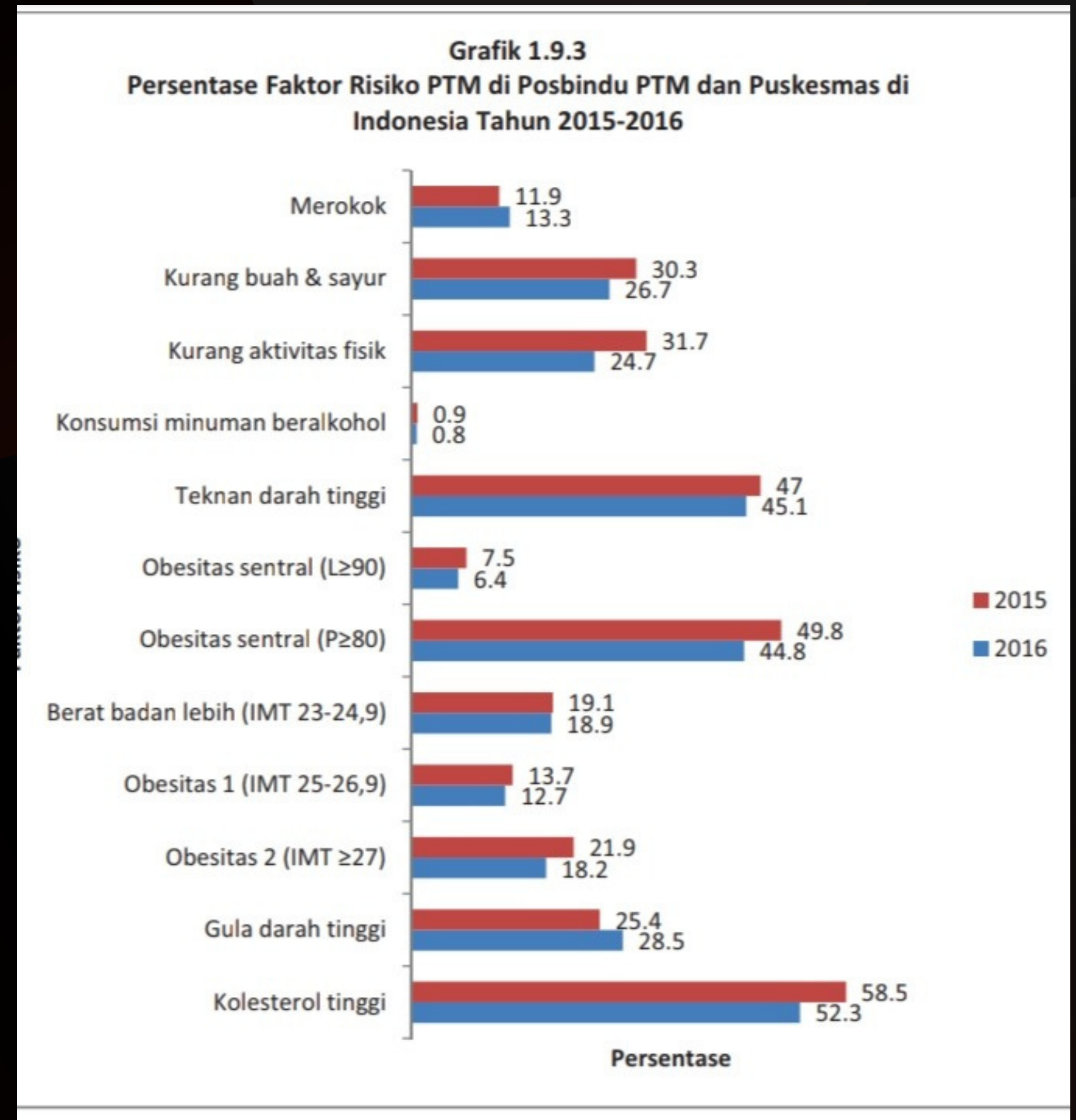
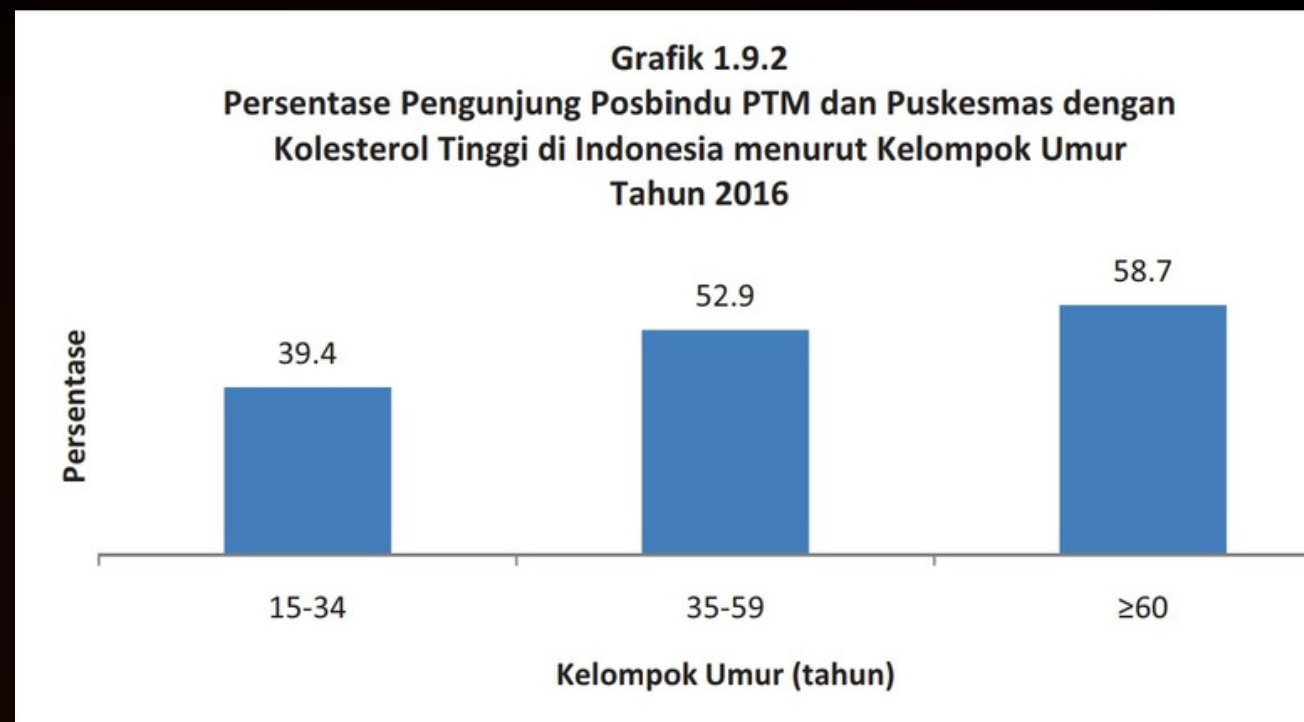
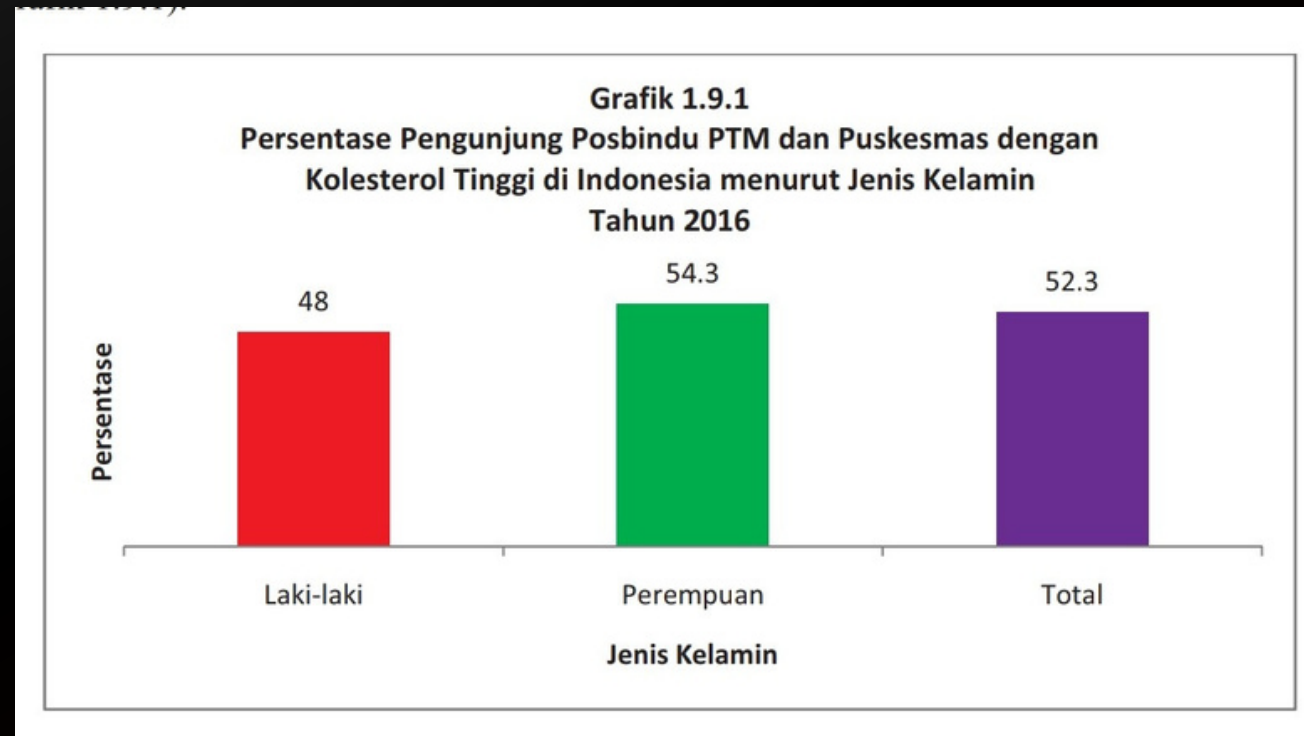
**Jenis
Kolesterol**



Kolesterol HDL

Kolesterol LDL

Prevalensi Kolesterol (Kemenkes, 2016)



DAMPAK KOLESTEROL TINGGI

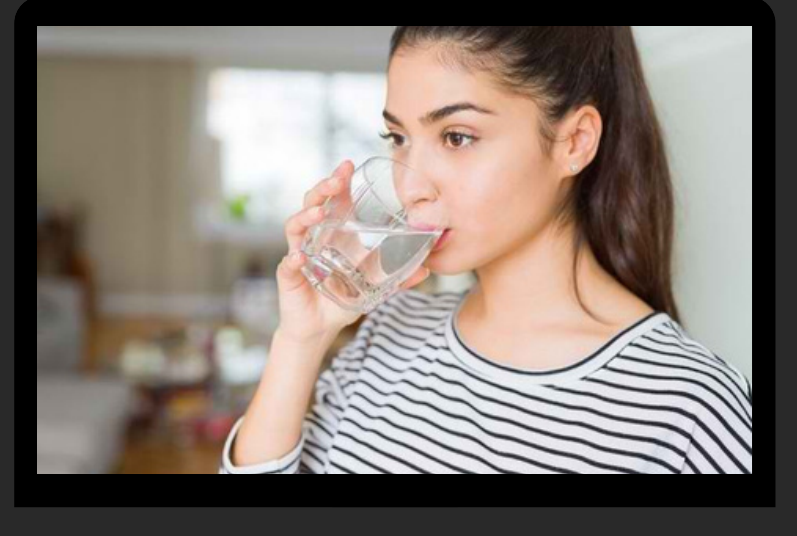
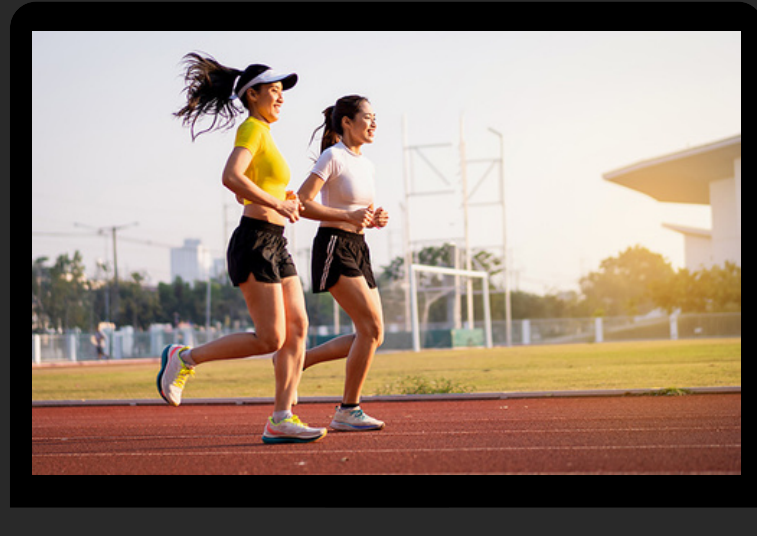
Serangan Jantung

Stroke

Penyakit arteri perifer

Batu empedu

MENGHINDARI KOLESTEROL



Terima kasih!

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