Leyla Weighs In: The Surprising Benefits of Good Cholesterol for Brain Health

written by Leyla Muedin MS, RD, CDN | January 17, 2025

The cholesterol conundrum: Nutritionist Leyla Muedin discusses recent research suggesting that HDL, or ‘good’ cholesterol, may protect against brain atrophy and dementia. The study from UT Southwestern Medical Center, published in the Journal of Clinical Medicine, found that higher concentrations of small particle HDL are linked to better cognitive function and greater gray matter volume. Leyla emphasizes the importance of understanding cholesterol’s role beyond just heart health and challenges common misconceptions. She also highlights the benefits of dietary fats and criticizes outdated medical advice that promotes low-fat diets. This episode encourages a more nuanced view of cholesterol and its significant impact on overall health.