

FOOD TO EAT WITH HIGH CHOLESTEROL



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Foods to Eat and Avoid for High Cholesterol WebMD

A diet rich in fruits, vegetables, whole grains, beans, and good fats can help lower what's sometimes called bad cholesterol. You may hear your doctor call it LDL cholesterol.

<http://ebookslibrary.club/download/Foods-to-Eat-and-Avoid-for-High-Cholesterol-WebMD.pdf>

10 Best Foods to Eat to Lower Cholesterol Naturally

Cutting back on high-cholesterol foods like fried foods, sugary desserts, and fatty meats is a start, but you also need to eat more of the fare that can help lower your cholesterol naturally.

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15 Foods to Avoid if You Have High Cholesterol TheStreet

The following is a list of 15 of the worst foods to eat if you have high cholesterol 15. Liver. As a food that is high in iron, liver can be a healthy dish for some.

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13 Cholesterol Lowering Foods to Add to Your Diet Today

An analysis of 35 studies linked soy foods to reduced bad LDL and total cholesterol, as well as increased good HDL cholesterol. The effect seems strongest in people with high cholesterol.

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7 High Cholesterol Foods to Avoid Plus 3 to Eat Dr Axe

Our bodies need cholesterol to thrive, but when we eat high-cholesterol foods, the levels can become too high. Over time, high cholesterol levels may cause heart and blood flow problems, leading to dangerous blood clots and inflammation that can cause heart attacks and strokes.

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11 foods that lower cholesterol Harvard Health

The reverse is true, too changing what foods you eat can lower your cholesterol and improve the armada of fats floating through your bloodstream. Doing this requires a two-pronged strategy: Add foods that lower LDL, the harmful cholesterol-carrying particle that contributes to artery-clogging atherosclerosis.

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High cholesterol foods Foods to avoid and include

Aim to eat a diet that promotes low levels of bad cholesterol and high levels of good cholesterol. Fat intake affects this balance because fatty acids bind to liver cells and regulate the

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