

## **FOOD THAT HELPS LOWER CHOLESTEROL**



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### **13 Cholesterol Lowering Foods to Add to Your Diet Today**

Fortunately, what you eat can have a powerful effect on your cholesterol and other risk factors. Here are 13 foods that can lower cholesterol and improve other risk factors for heart disease. Legumes, also known as pulses, are a group of plant foods that includes beans, peas and lentils.

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### **11 foods that lower cholesterol Harvard Health**

Add these foods to lower LDL cholesterol. Nuts. A bushel of studies shows that eating almonds, walnuts, peanuts, and other nuts is good for the heart. Eating 2 ounces of nuts a day can slightly lower LDL, on the order of 5%. Nuts have additional nutrients that protect the heart in other ways. 6. Vegetable oils.

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### **8 Foods That Help Lower Your Cholesterol Everyday Health**

Eating just one red grapefruit daily for a month can help to lower LDL cholesterol by as much as 20 percent, one study in the Journal of Agricultural Food Chemistry in March 2006 showed. This cardioprotective effect is most likely due to compounds called limonoids and lycopene found in the pulp.

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### **Cholesterol Top foods to improve your numbers Mayo Clinic**

Oatmeal, oat bran and high-fiber foods. Oatmeal contains soluble fiber, which reduces your low-density lipoprotein (LDL) cholesterol, the "bad" cholesterol. Soluble fiber is also found in such foods as kidney beans, Brussels sprouts, apples and pears. Soluble fiber can reduce the absorption of cholesterol into your bloodstream.

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### **How to Lower Cholesterol with Diet MedlinePlus**

It is found in some meats, dairy products, chocolate, baked goods, and deep-fried and processed foods. Trans fat is another bad fat; it can raise your LDL and lower you HDL (good cholesterol). Trans fat is mostly in foods made with hydrogenated oils and fats, such as stick margarine, crackers, and french fries.

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### **10 Best Foods to Eat to Lower Cholesterol Naturally**

Margarine. Switching to a margarine with plant sterols, such as Promise active or Benecol, could help lower cholesterol. Plant sterols are compounds that reduce cholesterol absorption; a study published in AJCN found that women who had a higher plant sterol based diet were able to lower total cholesterol by 3.5%.

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