

## [WHAT TO EAT TO LOWER YOUR CHOLESTEROL LEVELS](#)



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

Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Five to 10 grams or more of soluble fiber a day decreases your LDL cholesterol. One serving of a breakfast cereal with oatmeal or oat bran provides 3 to 4 grams of fiber. If you add fruit, such as a banana or berries, you'll get even more fiber.

<http://ebookslibrary.club/download/Cholesterol--Top-foods-to-improve-your-numbers-Mayo-Clinic.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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### **13 Cholesterol Lowering Foods to Add to Your Diet Today**

Studies suggest that garlic lowers blood pressure in people with elevated levels and may help lower total and bad LDL cholesterol although the latter effect is less strong (27, 28, 29).

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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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### **Lower Your Cholesterol in 11 Easy Steps WebMD**

But if you make just a few, small changes, you might be able to lower your dose and chance of side effects. Follow these tips to cut your cholesterol and get back on the road to good health.

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### **12 Foods that Lower Cholesterol Daily Health Life Styles**

12 Foods that Lower Cholesterol Maintaining a healthy lifestyle is a challenge. After all, you work hard to eat small amounts of calories to avoid gaining weight, you eat a low-fat diet to protect your heart, and you avoid sugary treats to fight off diabetes, cancer, and heart disease.

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

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<http://ebookslibrary.club/download/8-Foods-That-Help-Lower-Your-Cholesterol-Everyday-Health.pdf>

### **17 Foods That Lower Cholesterol Eat This Not That**

Eat your heart out! And by that, we mean you should nosh on veggies of the same ruby red color, like radishes! Their red hue is due to anthocyanins, a group of phytochemical compounds that has been shown to burn fat and reduce inflammation, insulin resistance, and bad cholesterol.

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