

[FOODS GOOD CHOLESTEROL](#)



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HDL 11 Foods to Increase Good Cholesterol Healthline

11 Foods to Increase Your HDL 1. Olive oil. The type of heart-healthy fat found in olives and olive oil can lower 2. Beans and legumes. Like whole grains, beans and legumes are a great source of soluble fiber. 3. Whole grains. Whole grains, including bran, cereals, and brown or wild rice,

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20 Foods That Raise Your 'Good' HDL Cholesterol Eat This

High-density lipoprotein, or HDL, is known as the healthy or good type of cholesterol due to the fact that it scavenges and removes the bad type of cholesterol (low-density lipoprotein or LDL) known to clog arteries. A desirable HDL level is anything greater than 60 milligrams per deciliter (mg/dL).

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List of Good Cholesterol Foods to Raise HDL Levels

Fiber rich edibles considered good cholesterol foods include: Whole Grains. Oatmeal. Fruits especially bananas, pears, apples, avocados, prunes and berries. Vegetables especially broccoli, cabbage, carrots, Brussels sprouts, greens, pumpkin and sweet potatoes. Beans. Oats.

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HDL cholesterol How to boost your 'good' cholesterol

High-density lipoprotein (HDL) cholesterol is known as the "good" cholesterol because it helps remove other forms of cholesterol from your bloodstream. Higher levels of HDL cholesterol are associated with a lower risk of heart disease.

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How to Boost Your 'Good' Cholesterol WebMD

HDL cholesterol is the kind of cholesterol you want more of.. It's called the "good" cholesterol because it helps protect you from getting heart disease. HDL cholesterol brings cholesterol to your

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8 Ways to Raise HDL Cholesterol Everyday Health

You've probably heard of high-density lipoprotein (HDL) cholesterol and low-density lipoprotein (LDL) cholesterol the good and the bad, respectively.

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Top 6 Foods to Increase Good Cholesterol HDL Step To

Foods that Increase Good Cholesterol (HDL) Overall, eating foods that are rich in monounsaturated fatty acids can help increase good cholesterol (HDL) and reduce the risk of cardiovascular disease. Before we tell you what foods they are, however, it's important to note that you may need to make some changes to your diet.

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Top 10 Good Cholesterol Foods Health Articles 101

Green tea is also among good cholesterol foods that contain high levels of antioxidants and polyphenols that actually block the absorption of cholesterol by our bodies. 9. Avocados contain unsaturated fats helping you lower your overall cholesterol count and raise good cholesterol levels. 10.

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