

## **WHAT NOT TO EAT WHEN YOUR CHOLESTEROL IS HIGH**



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### **Foods to Eat and Avoid for High Cholesterol WebMD**

You can get some plant sterols from produce, nuts, seeds, and legumes, but not nearly the 2 grams a day recommended for people with high cholesterol.

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### **15 Foods to Avoid if You Have High Cholesterol TheStreet**

Your body will make enough of the cholesterol it needs to perform these functions, but some of the foods you eat can add to your cholesterol levels, and too much can lead to health issues, the

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### **Food Not to Eat If You Have High Cholesterol Livestrong com**

This means you should not eat commercially made french fries, doughnuts, pastries, pie crust, biscuits, pizza crust and cookies when you have high cholesterol. Anything made with stick margarine or shortening is also a source of trans fat and should be avoided.

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### **11 High Cholesterol Foods Which to Eat Which to Avoid**

Some people avoid cholesterol-rich foods due to the fear that they may cause negative health effects, but not all high-cholesterol foods are bad for you.

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

High levels of this type of cholesterol may protect against heart attacks, while low levels indicate a greater risk of heart attack and stroke. LDL CHOLESTEROL. Think Lazy. Bad LDL cholesterol deposits excess cholesterol and fat molecules into your blood (rather than to your liver), leading it to build up in your arteries.

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### **What Food To Eat To Lower Cholesterol SymptomFind com**

If you have high cholesterol, it's important to make sure that you get the proper foods in your diet to help lower those cholesterol levels. In this guide, we'll cover the foods you should eat and those you should avoid, as well as information about how to check your cholesterol levels.

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

The truth is that not all high-cholesterol foods are bad for you. In fact, some can even increase HDL cholesterol levels and improve your cardiovascular health. To distinguish high-cholesterol foods that should be avoided vs. high-cholesterol foods that can still be consumed, the most important factor is inflammation. The foods that lead to weight gain and inflammation are the ones that should be eliminated from your diet in order to promote cardiovascular 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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### **10 Foods to Avoid if You're Watching Your Cholesterol**

Sadly, many of these foods are also extremely high in salt, fat, and cholesterol and should be avoided by people who have high cholesterol or other risk factors for heart disease.

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### **Why You Should No Longer Worry About Cholesterol in Food**

The body creates cholesterol in amounts much larger than what you can eat, Dr. Nissen says. So avoiding foods that are high in cholesterol won't affect your blood cholesterol levels very much.

<http://ebookslibrary.club/download/Why-You-Should-No-Longer-Worry-About-Cholesterol-in-Food.pdf>

### **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.

<http://ebookslibrary.club/download/11-foods-that-lower-cholesterol-Harvard-Health.pdf>

### **What to Eat if You Have High Cholesterol Cholesterol**

Replacing cholesterol bombs with fiber-rich and nutrient-dense foods will not only lower cholesterol levels (and likely the number on the scale), it'll boost your overall health and energy. Let's head to the kitchen to find tasty ways to keep your cholesterol in check! Try these cholesterol-friendly diets.

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