

[LOWERING LDL DIET](#)



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LDL Pictures Lowering Bad Cholesterol With Food WebMD

All are rich in soluble fiber, which binds to cholesterol in the blood and moves it out of the body. Recent studies show eating 4.5 ounces of beans a day can reduce LDL levels by 5 percent.

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Cholesterol Top foods to improve your numbers Mayo Clinic

Other changes to your diet. Saturated fats such as those in meat, butter, cheese and other full-fat dairy products raise your total cholesterol. Decreasing your consumption of saturated fats to less than 7 percent of your total daily calorie intake can reduce your LDL cholesterol by 8 to 10 percent. Trans fats,

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Your Guide to Lowering Your Cholesterol With TLC

Low density lipoprotein, or LDL, which also is called the bad cholesterol because it carries cholesterol to tissues, including the arteries. Most of the cholesterol in the blood is the LDL form. The higher the level of LDL cholesterol in the blood, the greater your risk for heart disease.

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11 foods that lower cholesterol Harvard Health

Add these foods to lower LDL cholesterol. Apples, grapes, strawberries, citrus fruits. These fruits are rich in pectin, a type of soluble fiber that lowers LDL. 8. Foods fortified with sterols and stanols. Sterols and stanols extracted from plants gum up the body's ability to absorb cholesterol from food.

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

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%.

<http://ebookslibrary.club/download/10-Best-Foods-to-Eat-to-Lower-Cholesterol-Naturally.pdf>

Lowering Cholesterol Naturally 6 Tips Pritikin

Choose protein-rich plant foods (such as legumes or beans, nuts, and seeds) over meat. They're full of nutritional riches and are a very healthy, protein-packed alternative to meat. Legumes help lower LDL cholesterol, non-HDL cholesterol, blood sugar, and insulin levels, and may even lower cancer risk.

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