

## [WHAT FOODS LOWER BAD CHOLESTEROL](#)



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### **LDL Pictures Lowering Bad Cholesterol With Food WebMD**

Pears and apples have a lot of pectin, which is a type of fiber that can lower cholesterol. So do citrus fruits like oranges and lemons. Berries are also high in fiber.

<http://ebookslibrary.club/download/LDL-Pictures--Lowering-Bad-Cholesterol-With-Food-WebMD.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.

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

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

Eating soybeans and foods made from them, like tofu and soy milk, was once touted as a powerful way to lower cholesterol. Analyses show that the effect is more modest consuming 25 grams of soy protein a day (10 ounces of tofu or 2 1/2 cups of soy milk) can lower LDL by 5% to 6%.

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

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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### **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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### **Low Cholesterol Diet Foods That Help Lower Bad Cholesterol**

However, by eating low-fat and high-fiber foods, consuming foods that contain good fats, and reducing your sodium intake, you may be able to lower your LDL (bad) cholesterol, lose weight, and even feel better about yourself. Adjusting the food you eat and modifying the recipes you follow may help reduce LDL (bad) cholesterol.

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

My patients often ask me if there are any foods that can help with reducing high levels of low-density lipoprotein (LDL) cholesterol. This is the so-called "bad" cholesterol that can cause plaque

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

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

We re highlighting this Korean fermented cabbage, but many other fermented foods (like sour beer, yogurt, pickles, cocoa, and sauerkraut) can also help lower bad cholesterol levels. The key here is the presence of Lactobacilli a strain of lactic acid bacteria, or culture, that gives fermented foods their characteristic sour taste.

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### **10 Foods That Can Help Lower Your Cholesterol AARP**

Olive oil doesn't just make food taste better. The unsaturated fats found in olive oil (and canola and walnut oil) have the added benefit of helping to cut LDL cholesterol levels without affecting HDL. Aim for about 2 tablespoons a day in place of other fats. Tip: To bump up olive oil's bad-cholesterol-lowering power, choose one labeled "extra-virgin." This form is less processed and contains more heart-healthy antioxidants.

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