

[WHAT DIET LOWERS CHOLESTEROL](#)



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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.
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not mix. So cholesterol travels in packages called lipoproteins, which have fat (lipid) inside and protein outside. Two main kinds of lipoproteins carry cholesterol in the blood: Low density lipoprotein, or LDL, which also is called the bad cholesterol because it carries cholesterol to tissues, including the arteries.

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