

[A LOW CHOLESTEROL DIET](#)



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A diet rich in fruits and vegetables can increase important cholesterol-lowering compounds in your diet. These compounds, called plant stanols or sterols, work like soluble fiber. Eat fish that are high in omega-3 fatty acids.
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Life is too short to settle for a stale diet. It's fine to rely on a few key heart-healthy foods for your cholesterol-friendly diet, but you want to avoid burnout. If you can recite your daily
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However, the cholesterol-lowering effects of a diet can vary greatly from person to person, depending on weight, genetic factors, family history, and previous eating habits.
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7 Day Low Cholesterol Diet Menu Livestrong com

People with high blood cholesterol levels should limit their intake of dietary cholesterol to 200 milligrams per day, advises UCSF Health. If this sounds like you, ask your doctor about following a low-cholesterol diet for life, instead of just for seven days.
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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.
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