

## **WHAT TO EAT FOR HIGH CHOLESTEROL DIET**



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

Naturally cholesterol-free and low-fat, fruits and vegetables are the foundation of a good diet. Whole grains: Oats, quinoa, barley, and whole wheat offer up fiber, complex carbohydrates, and protein.

<http://ebookslibrary.club/download/Foods-to-Eat-and-Avoid-for-High-Cholesterol-WebMD.pdf>

### **12 Foods that Lower Cholesterol Daily Health Life Styles**

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

A few simple tweaks to your diet along with exercise and other heart-healthy habits might help you lower your cholesterol. Oatmeal, oat bran and high-fiber foods Oatmeal contains soluble fiber, which reduces your low-density lipoprotein (LDL) cholesterol, the "bad" cholesterol.

<http://ebookslibrary.club/download/Cholesterol--Top-foods-to-improve-your-numbers-Mayo-Clinic.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>

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

While there are many health benefits to eating shellfish, those with heart disease or high cholesterol should avoid these foods.

<http://ebookslibrary.club/download/15-Foods-to-Avoid-if-You-Have-High-Cholesterol-TheStreet.pdf>

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

Because snacking and snack foods have grown in frequency and number, eating frequency has also increased, leading to higher rates of obesity and high cholesterol levels. ( 6 ) Avoid unhealthy snacks, such as potato chips, crackers, fried foods and other packaged foods.

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