

DIET WITH HIGH CHOLESTEROL



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Oatmeal, oat bran and high-fiber foods. 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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10 Best Foods to Eat to Lower Cholesterol Naturally

Avocado. And, more than any other fruit, this delectable food packs cholesterol-smashing beta-sitosterol, a beneficial plant-based fat that reduces the amount of cholesterol absorbed from food. Since avocados are a bit high in calories and fat (300 calories and 30 g of fat per avocado), use them in moderation.

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High Cholesterol Diet Guidelines EatingWell

Consider adding plant sterols to your diet. The American Heart Association recommends these only for people who actually have high levels of LDL cholesterol. Eating them won't prevent you from developing high cholesterol. Plant sterols are a class of micronutrients present in small amounts in many fruits, vegetables, nuts, seeds, cereals,

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High Cholesterol Foods to Avoid on Your New Diet

Diets high in saturated fat and cholesterol can contribute to high total cholesterol and a high low-density lipoprotein (LDL the "bad" cholesterol) level in the body, increasing your risk for coronary artery disease caused by atherosclerosis, which is plaque build-up in the arteries.

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Your Guide to Lowering Your Cholesterol With TLC

Triglycerides, which are produced in the liver, are another type of fat found in the blood and in food. Causes of raised triglycerides are overweight/obesity, physical inactivity, cigarette smoking, excess alcohol intake, and a diet very high in carbohydrates (60 percent of calories or higher).

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