

## [FOOD THAT CAN LOWER CHOLESTEROL](#)



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### **13 Cholesterol Lowering Foods to Add to Your Diet Today**

Eating oats may lower total cholesterol by 5% and bad LDL cholesterol by 7% . Barley: Also rich in beta-glucans and can help lower bad LDL cholesterol .

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

The reverse is true, too changing what foods you eat can lower your cholesterol and improve the armada of fats floating through your bloodstream. Doing this requires a two-pronged strategy: Add foods that lower LDL, the harmful cholesterol-carrying particle that contributes to artery-clogging atherosclerosis.

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### **How to Lower Cholesterol with Diet MedlinePlus**

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

Cut the Animal Fat in Your Diet and Add LDL-Lowering Foods. My patients often ask me if there are any foods that can help with reducing high levels of low-density lipoprotein (LDL) cholesterol

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### **Cholesterol Lowering Foods Diet to Lower Cholesterol**

Researchers have found that some foods -- such as fatty fish, walnuts, oatmeal, and oat bran, and foods fortified with plant sterols or stanols -- can help control your cholesterol.

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

Decreasing your consumption of saturated fats to less than 7 percent of your total daily calorie intake can reduce your LDL cholesterol by 8 to 10 percent. Trans fats, sometimes listed on food labels as "partially hydrogenated vegetable oil," are often used in margarines and store-bought cookies, crackers and cakes.

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### **20 Foods that Lower Cholesterol**

By eating two servings of oats a day, you can lower your LDL (bad cholesterol) levels by as much as 5.3 percent in as little as 6 weeks! Oats contain beta-glucan, a substance that actually absorbs LDL cholesterol.

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### **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

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### **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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