

[LDL CHOLESTEROL DIET](#)



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LDL Pictures Lowering Bad Cholesterol With Food WebMD

All are rich in soluble fiber, which binds to cholesterol in the blood and moves it out of the body. Recent studies show eating 4.5 ounces of beans a day can reduce LDL levels by 5 percent.

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Your Guide to Lowering Your Cholesterol With TLC

Low density lipoprotein, or LDL, which also is called the bad cholesterol because it carries cholesterol to tissues, including the arteries. Most of the cholesterol in the blood is the LDL form. The higher the level of LDL cholesterol in the blood, the greater your risk for heart disease.

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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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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. Soluble fiber can reduce the absorption of cholesterol into your bloodstream.

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

11 foods that lower cholesterol Harvard Health

Adding several foods to lower cholesterol in different ways should work better than focusing on one or two. A largely vegetarian "dietary portfolio of cholesterol-lowering foods" substantially lowers LDL, triglycerides, and blood pressure.

<http://ebookslibrary.club/download/11-foods-that-lower-cholesterol-Harvard-Health.pdf>

Lowering Cholesterol Naturally 6 Tips Pritikin

6 Dietary and Lifestyle Tips To Lower LDL Levels 1. Limit your intake of foods full of saturated fats, trans fats, and dietary cholesterol. 2. Eat a lot more fiber-rich foods (especially soluble fiber from foods like beans, oats, barley, 3. Choose protein-rich plant foods (such as legumes or

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