

## **EAT TO LOWER CHOLESTEROL**



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### **10 Best Foods to Eat to Lower Cholesterol Naturally**

Margarine. Switching to a margarine with plant sterols, such as Promise active or Benecol, could help lower cholesterol. Plant sterols are compounds that reduce cholesterol absorption; a study published in AJCN found that women who had a higher plant sterol based diet were able to lower total cholesterol by 3.5%.

<http://ebookslibrary.club/download/10-Best-Foods-to-Eat-to-Lower-Cholesterol-Naturally.pdf>

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

Oatmeal, oat bran and high-fiber foods. Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Five to 10 grams or more of soluble fiber a day decreases your LDL cholesterol. One serving of a breakfast cereal with oatmeal or oat bran provides 3 to 4 grams of fiber. If you add fruit, such as a banana or berries, you'll get even more fiber.

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

Add these foods to lower LDL cholesterol. Vegetable oils. Using liquid vegetable oils such as canola, sunflower, safflower, and others in place of butter, lard, or shortening when cooking or at the table helps lower LDL. 7.

Apples, grapes, strawberries, citrus fruits. These fruits are rich in pectin, a type of soluble fiber that lowers LDL. 8.

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### **17 Foods That Lower Cholesterol Eat This Not That**

Flax & Chia Seeds. That leads to inflammation, which can trigger weight gain. One of the easiest ways to upgrade your diet is by sprinkling some ground chia seeds or flaxseed into your overnight oats, on top of baked goods, or mixed into your smoothies. Animal studies suggest a chia-rich diet can lower harmful LDL cholesterol and protect the heart,

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### **Lower Your Cholesterol Fast With These 11 Easy Tips WebMD**

Go Fish. Try to eat it two to four times a week. Not only are the omega-3 fats in fish heart-healthy, but replacing red meat with fish will lower your cholesterol by reducing your exposure to saturated fats, which are abundant in red meat, Samaan says.

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

12 Foods that Lower Cholesterol Maintaining a healthy lifestyle is a challenge. 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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### **8 Foods That Help Lower Your Cholesterol Everyday Health**

Eating just one red grapefruit daily for a month can help to lower LDL cholesterol by as much as 20 percent, one study in the Journal of Agricultural Food Chemistry in March 2006 showed. This cardioprotective effect is most likely due to compounds called limonoids and lycopene found in the pulp.

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

Whole Grains, Especially Oats and Barley. Eating oats is linked to a 5% reduction in total cholesterol and a 7% reduction in LDL cholesterol ( 17 ). Barley: Is also rich in beta-glucans and can help lower LDL cholesterol ( 18 ). Bottom Line: Whole grains are linked to a lower risk of heart disease.

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### **Your Guide to Lowering Your Cholesterol With TLC**

It also can lower the cholesterol content in unstable plaques, making them more stable and less likely to burst and cause a heart attack. Lowering LDL is especially important for those who already have heart disease or have had a heart attack it will reduce the risk of another heart attack and can actually prolong life.

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