

FOOD NOT TO EAT FOR HIGH CHOLESTEROL



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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.

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15 Foods to Avoid if You Have High Cholesterol TheStreet

The following is a list of 15 of the worst foods to eat if you have high cholesterol 15. Liver. As a food that is high in iron, liver can be a healthy dish for some.

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17 Foods That Lower Cholesterol Eat This Not That

17 Foods That Lower Cholesterol 1 Oats. Not all carbs will shatter your weight loss goals. 2 Radishes. Eat your heart out! And by that, we mean you should nosh on veggies 3 Kamut. Thanks to quinoa, ancient grains have won a place at many Americans tables. 4 Pistachios. You can thank tree

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

7 High-Cholesterol Foods to Avoid 1. Canola Oil and Other Processed Vegetable Oils. 2. Potato Chips and Other Packaged Foods. Extensive research evaluates the rise in snacking, 3. Cookies and Other Sugary Treats. Dietary sugars serve as the cause of obesity, 4. Bacon and Other Processed

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11 High Cholesterol Foods Which to Eat Which to Avoid

Here are 11 high-cholesterol foods some to eat and some to avoid. Some people avoid cholesterol-rich foods due to the fear that they may cause negative health effects, but not all high

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Food Not to Eat If You Have High Cholesterol Livestrong com

High-Fat Meats. Like meat, whole-fat cheese and milk products are high in total and saturated fat. To help improve your cholesterol numbers, you should not eat full-fat cheese or yogurt, or drink whole milk. Other high-fat dairy foods you should avoid include ice cream, cream cheese, heavy cream, half and half, sour cream and butter.

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High cholesterol foods Foods to avoid and include

It is also important to avoid trans fats. Foods to stay away from include: packaged cookies, cakes, doughnuts, and pastries. potato chips and crackers. packaged frosting. commercially fried foods. bakery goods that contain shortening. buttered popcorn.

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