

## **HEALTHY DIET FOR CHOLESTEROL CONTROL**



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### **Control Your Bad Cholesterol Levels with a Healthy Diet**

The bad cholesterol that builds up in arteries is one of the main risk factors for cardiovascular diseases. Though the problem can unfold without showing any symptoms, failing to control it can lead to serious consequences.

<http://ebookslibrary.club/download/Control-Your-Bad-Cholesterol-Levels-with-a-Healthy-Diet.pdf>

### **10 Best Diet Plans WebMD**

You can lower your cholesterol while losing weight, lowering your blood pressure, getting stronger, and boosting your energy with this diet, which is based on the hit TV show. Exercise is a must.

<http://ebookslibrary.club/download/10-Best-Diet-Plans-WebMD.pdf>

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

I always advise people to try and lower their cholesterol through diet and exercise, says Jennifer Haythe, MD, co-director of the Women's Center for Cardiovascular Health at New York

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

### **Diet Strategies to Lower Cholesterol Health**

But medication is only part of the solution: To keep cholesterol under control, maintaining a healthy weight and diet is just as important as taking a daily pill.

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### **Top 5 lifestyle changes to improve your cholesterol Mayo**

Whey protein, which is found in dairy products, may account for many of the health benefits attributed to dairy. Studies have shown that whey protein given as a supplement lowers both LDL cholesterol and total cholesterol as well as blood pressure.

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

The same holds true for eating your way to lower cholesterol. 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.

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