

GOOD DIETS FOR HIGH CHOLESTEROL



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Best diets for high cholesterol WebMD

4. Mayo Clinic Diet. This plan just might become your new way of life. You'll choose high-fiber foods like oatmeal and oat bran, fish and other foods loaded with omega-3 fatty acids, nuts like walnuts and almonds, and olive oil, to help lower cholesterol.

<http://ebookslibrary.club/download/Best-diets-for-high-cholesterol-WebMD.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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HDL 11 Foods to Increase Good Cholesterol Healthline

High-density lipoprotein (HDL) is the good kind of cholesterol and the kind you want. Low-density lipoprotein (LDL) is the bad kind of cholesterol and the kind you want to keep in check. HDL, LDL, and triglycerides a type of fat carried in the blood make up total cholesterol levels.

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High Cholesterol Diet Guidelines EatingWell

Consider adding plant sterols to your diet. Eating them won't prevent you from developing high cholesterol. Plant sterols are a class of micronutrients present in small amounts in many fruits, vegetables, nuts, seeds, cereals, legumes and vegetable oils, and they help block the absorption of cholesterol.

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11 foods that lower cholesterol Harvard Health

Add these foods to lower LDL cholesterol. Nuts. A bushel of studies shows that eating almonds, walnuts, peanuts, and other nuts is good for the heart. Eating 2 ounces of nuts a day can slightly lower LDL, on the order of 5%. Nuts have additional nutrients that protect the heart in other ways. 6. Vegetable oils.

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

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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