

[WHAT TO EAT WHEN YOU HAVE CHOLESTEROL](#)



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You may hear your doctor call it LDL cholesterol. You have a greater chance of getting heart disease when your LDL level gets too high. You get other benefits from these foods.

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Foods To Eat If You Have High Cholesterol That Health Rules

Foods To Eat If You Have High Cholesterol That Health Rules Feb 16, 2007 Now to simplify further and for us to easily remember let me enumerate the foods we allow our patients to eat if we see a high cholesterol

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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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What Food To Eat To Lower Cholesterol SymptomFind com

More specifically, there are some foods that are always good for the diet of a person with high cholesterol. Fish, whole grains, oat bran, oatmeal, blueberries, avocados, olives, olive oil, flaxseed oil and yogurt with live active cultures are all good options if you want to keep your cholesterol levels down.

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What to Eat if You Have High Cholesterol Cholesterol

What to Eat if You Have High Cholesterol. Strawberries, avocados and other tasty foods that help keep your numbers in check. By Taylor Lupo. Your diet can be a powerful ingredient when it comes to managing your cholesterol keeping bad LDL cholesterol levels low and good HDL cholesterol levels high.

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