

[CHOLESTEROL LOWERING DIETS PLAN](#)



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But following a heart-healthy diet like the Pritikin Eating Plan, or adding Pritikin to statin meds, may lower your cholesterol even more. Down shoots LDL (bad) cholesterol as well as all forms of bad cholesterol, known as non-HDL .

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Your Guide to Lowering Your Cholesterol With TLC

not mix. So cholesterol travels in packages called lipoproteins, which have fat (lipid) inside and protein outside. Two main kinds of lipoproteins carry cholesterol in the blood: Low density lipoprotein, or LDL, which also is called the bad cholesterol because it carries cholesterol to tissues, including the arteries.

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How to Lower Cholesterol with Diet MedlinePlus

How can I lower cholesterol with diet? Heart-healthy lifestyle changes include a diet to lower your cholesterol. The DASH eating plan is one example. Another is the Therapeutic Lifestyle Changes diet, which recommends that you. Choose healthier fats. You should limit both total fat and saturated fat.

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Low Cholesterol Meal Plans EatingWell

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