

[A GOOD DIET TO LOWER CHOLESTEROL](#)



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Cutting back on high-cholesterol foods like fried foods, sugary desserts, and fatty meats is a start, but you also need to eat more of the fare that can help lower your cholesterol naturally.

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Plant sterols or stanols don't appear to affect levels of triglycerides or of high-density lipoprotein (HDL) cholesterol, the "good" cholesterol. Whey protein Studies have shown that whey protein given as a supplement lowers both LDL and total cholesterol as well as blood pressure.

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Simply following a diet to lower cholesterol can reduce cholesterol levels by as much as 10 to 15 percent, says Joseph S. Alpert, MD, professor of medicine at the University of Arizona College of

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The reverse is true, too changing what foods you eat can lower your cholesterol and improve the armada of fats floating through your bloodstream. Doing this requires a two-pronged strategy: Add foods that lower LDL, the harmful cholesterol-carrying particle that contributes to artery-clogging atherosclerosis.

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What Is A Good Diet to Lower Cholesterol Health Center

Filed Under: Cholesterol Tagged With: Diet to Lower Cholesterol, Good Cholesterol Foods, Low Cholesterol Diet, Lower Cholesterol Levels About Jennifer Johnson At least one person in my family has either had a heart problem, high cholesterol, high blood pressure, problems with blood sugar levels or desperately needs to lose weight.

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