

FOODS YOU CAN EAT WITH HIGH CHOLESTEROL



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11 High Cholesterol Foods Which to Eat Which to Avoid

Eggs are one of the most nutritious foods you can eat. They also happen to be high in cholesterol, with one large egg delivering 211 mg of cholesterol, or 70% of the RDI .

<http://ebookslibrary.club/download/11-High-Cholesterol-Foods---Which-to-Eat--Which-to-Avoid.pdf>

Foods to Eat and Avoid for High Cholesterol WebMD

Plant sterol-enriched foods: Plant sterols and stanols are substances that help block cholesterol from being absorbed in your small intestine. They are found naturally in foods in only tiny amounts.

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Surprising foods you can eat if you have high cholesterol

But even if you have high cholesterol, you can still enjoy lots of foods, including certain types of dairy and meat. Here are some surprising foods you can still eat even with high cholesterol.

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You Can Still Eat These Foods with High Cholesterol

Foods You Can Eat Even with High Cholesterol Dairy: Cheese, yogurt, and milk can be high in saturated fat, which can contribute to high cholesterol, but low-fat options of these dairy items are

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How to Eat if You Have High Cholesterol and Diabetes

If you have been diagnosed with both high cholesterol and type 2 diabetes, you may be feeling overwhelmed at the prospect of changing your diet. You should know that there is considerable overlap for how to eat with the two conditions and that it is not as difficult as you may think.

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7 High Cholesterol Foods to Avoid Plus 3 to Eat Dr Axe

Our bodies need cholesterol to thrive, but when we eat high-cholesterol foods, the levels can become too high. Over time, high cholesterol levels may cause heart and blood flow problems, leading to dangerous blood clots and inflammation that can cause heart attacks and strokes.

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10 Best Foods to Eat to Lower Cholesterol Naturally

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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What Foods Should You Eat if You Have High Cholesterol

Eating a diet rich in fiber, fruits and vegetables helps to lower your cholesterol levels. Replacing foods high in saturated fat with foods containing unsaturated fat plays a role in lowering cholesterol as well, since saturated fat raises the level of bad cholesterol in your blood.

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15 Foods to Avoid if You Have High Cholesterol TheStreet

Your body will make enough of the cholesterol it needs to perform these functions, but some of the foods you eat can add to your cholesterol levels, and too much can lead to health issues, the

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