

[HOW TO CONTROL CHOLESTEROL WITH DIET](#)



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Moderate physical activity can help raise high-density lipoprotein (HDL) cholesterol, the "good" cholesterol. With your doctor's OK, work up to at least 30 minutes of exercise five times a week or vigorous aerobic activity for 20 minutes three times a week.

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10 Best Foods to Eat to Lower Cholesterol Naturally

10 Best Foods That Lower Your Cholesterol Without Medication. High cholesterol? Add these healthy foods to your diet to lower your numbers naturally.

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Cholesterol Lowering Foods Diet to Lower Cholesterol

Researchers have found that some foods -- such as fatty fish, walnuts, oatmeal, and oat bran, and foods fortified with plant sterols or stanols -- can help control your cholesterol.

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12 Foods that Lower Cholesterol Daily Health Life Styles

There are many foods that taste great and are low in calories, but these same foods may be loaded with cholesterol that can increase your risk of coronary artery disease or stroke. Let's take a look at 12 foods that can lower your cholesterol levels so that you can continue enjoying your healthy lifestyle. 1. Avocados.

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10 Natural Ways to Lower Your Cholesterol Levels

A study of 24 adults with high blood cholesterol came to the same conclusion, where eating a diet high in monounsaturated fat increased beneficial HDL by 12%, compared to a diet low in saturated fat .

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How to Control Cholesterol With Diet and Exercise

Tips to Control Cholesterol Level with Exercise In order to control the cholesterol level without using any supplement then exercise is the best way to do so. It will help out you to lower the LDL (bad) cholesterol and will increase the HDL (good) cholesterol level and will lower the risk heart diseases Reducing high blood pressure.

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