

[FOODS TO CONTROL CHOLESTEROL](#)



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10 Best Foods to Eat to Lower Cholesterol Naturally

Margarine. Switching to a margarine with plant sterols, such as Promise active or Benecol, could help lower cholesterol. Plant sterols are compounds that reduce cholesterol absorption; a study published in AJCN found that women who had a higher plant sterol based diet were able to lower total cholesterol by 3.5%.

<http://ebookslibrary.club/download/10-Best-Foods-to-Eat-to-Lower-Cholesterol-Naturally.pdf>

Top 5 lifestyle changes to improve your cholesterol Mayo

Top 5 lifestyle changes to improve your cholesterol 1. Eat heart-healthy foods. 2. Exercise on most days of the week and increase your physical activity. 3. Quit smoking. 4. Lose weight. 5. Drink alcohol only in moderation.

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11 foods that lower cholesterol Harvard Health

Add these foods to lower LDL cholesterol 1. Oats. An easy first step to improving your cholesterol is having a bowl 2. Barley and other whole grains. Like oats and oat bran, barley and other whole grains can help 3. Beans. Beans are especially rich in soluble fiber. 4. Eggplant and okra.

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Cholesterol Lowering Foods Diet to Lower Cholesterol

Cholesterol-Lowering Foods. but do you know which foods make up a low-cholesterol diet and oat bran, and foods fortified with plant sterols or stanols -- can help control your cholesterol

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Foods to control cholesterol naturally Bel Marra Health

Foods that help increase good HDL cholesterol. Chocolate: Chocolate is good for you. And even better for your arteries. In a 2007 study, participants showed a 24 percent increase in HDL levels after taking cocoa powder over a period of 12 weeks. In the same study, people in the control group showed just a 5 percent increase in HDL.

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Top 10 foods to lower cholesterol Health24

Anyone with raised cholesterol levels needs to increase his HDL and lower his LDL levels, which olive oil and products made of olives, will promote. Have one or two tablespoons of olive oil a day over salads or use for cooking, and add some olives to your salads.

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13 Cholesterol Lowering Foods to Add to Your Diet Today

Soy Foods. While study results have been inconsistent, the most recent research is positive. A 2015 analysis of 35 studies found that eating soy foods was linked to reductions in LDL and total cholesterol and increased HDL cholesterol (30). The effect seems to be strongest in people with high cholesterol.

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10 Best Diet Plans WebMD

Vegetarians don't eat any meat. Vegans don't eat any animal products, including meat, eggs, dairy, or even honey. Studies suggest vegetarians are less likely to get heart disease and high blood pressure. That's because a diet with low or no animal products tends to be lower in total fat, saturated fat, and cholesterol.

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