

[HOW TO LOWER YOUR CHOLESTEROL WITH FOOD](#)



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10 Best Foods to Eat to Lower Cholesterol Naturally

Olive oil. Good news: This common cooking ingredient can help your health. Olive oil is full of heart-healthy monounsaturated fatty acids (MUFAs), which lower LDL cholesterol and have the welcome side effect of trimming belly fat. Use it to make your own salad dressings, marinate chicken and fish, or roast vegetables.

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11 foods that lower cholesterol Harvard Health

Add these foods to lower LDL cholesterol. 2. Barley and other whole grains. Like oats and oat bran, barley and other whole grains can help lower the risk of heart disease, mainly via the soluble fiber they deliver. 3. Beans. Beans are especially rich in soluble fiber. They also take awhile for the body to digest,

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Cholesterol Top foods to improve your numbers Mayo Clinic

Oatmeal, oat bran and high-fiber foods. Soluble fiber can reduce the absorption of cholesterol into your bloodstream. Five to 10 grams or more of soluble fiber a day decreases your LDL cholesterol. One serving of a breakfast cereal with oatmeal or oat bran provides 3 to 4 grams of fiber. If you add fruit, such as a banana or berries, you'll get even more fiber.

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How to Lower Cholesterol with Diet MedlinePlus

These foods include. Whole-grain cereals such as oatmeal and oat bran. Fruits such as apples, bananas, oranges, pears, and prunes. Legumes such as kidney beans, lentils, chick peas, black-eyed peas, and lima beans.

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20 Foods that Lower Cholesterol

20 Foods that Lower Cholesterol. If you have too much of the bad type, or you don't have enough of the good type, the bad cholesterol (the LDL) will accumulate around the interior walls of the arteries, which feed blood back to the heart and to the brain. This accumulation can narrow the arteries, reducing their flexibility.

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10 Foods That Can Help Lower Your Cholesterol AARP

Olive oil doesn't just make food taste better. The unsaturated fats found in olive oil (and canola and walnut oil) have the added benefit of helping to cut LDL cholesterol levels without affecting HDL. Aim for about 2 tablespoons a day in place of other fats. Tip: To bump up olive oil's bad-cholesterol-lowering power, choose one labeled "extra-virgin." This form is less processed and contains more heart-healthy antioxidants.

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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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Your Guide to Lowering Your Cholesterol With TLC

Diet. Three nutrients in your diet make LDL levels rise: Saturated fat, a type of fat found mostly in foods that come from animals; Trans fat, found mostly in foods made with hydrogenated oils and fats (see pages 20 21) such as stick margarine, crackers, and french fries; and Cholesterol, which comes only from animal products.

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