CHOLESTEROL IN DIET

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A diet rich in fruits and vegetables can increase important cholesterol-lowering compounds in your diet. These compounds, called plant stanols or sterols, work like soluble fiber. Eat fish that are high in omega-3 fatty acids.
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It isn t coming directly from the cholesterol that you eat. What you should worry about. The greater danger for everyone is in foods that are high in trans fats, Dr. Nissen says.
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However, the cholesterol-lowering effects of a diet can vary greatly from person to person, depending on weight, genetic factors, family history, and previous eating habits.
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Getting the full benefit of these foods requires other changes to your diet and lifestyle. One of the most beneficial changes is limiting the saturated and trans fats you eat. Saturated fats such as those in meat, butter, cheese and other full-fat dairy products raise your total 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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These foods are not only high in vitamins and minerals, but they are also high in cholesterol-lowering fiber. These ingredients, coupled with their high protein content, can help you feel fuller after a meal and reduce the chance of overeating.
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High cholesterol foods Foods to avoid and include

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