

## **GOOD FOOD FOR CHOLESTEROL**



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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.

<http://ebookslibrary.club/download/11-foods-that-lower-cholesterol-Harvard-Health.pdf>

### **HDL 11 Foods to Increase Good Cholesterol Healthline**

11 Foods to Increase Your HDL 1. Olive oil. The type of heart-healthy fat found in olives and olive oil can lower 2. Beans and legumes. Like whole grains, beans and legumes are a great source of soluble fiber. 3. Whole grains. Whole grains, including bran, cereals, and brown or wild rice,

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### **Best Foods For Lowering Cholesterol ActiveBeat**

Eggs are a controversial food in relation to high cholesterol. Some small studies have found that eating egg yolks can raise cholesterol levels. However, there have been a few very large studies that have shown that eating egg yolks can lower high cholesterol by raising your good cholesterol.

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### **12 Foods that Lower Cholesterol Daily Health Life Styles**

12 Foods that Lower Cholesterol Maintaining a healthy lifestyle is a challenge. After all, you work hard to eat small amounts of calories to avoid gaining weight, you eat a low-fat diet to protect your heart, and you avoid sugary treats to fight off diabetes, cancer, and heart disease.

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### **20 Foods That Raise Your 'Good' HDL Cholesterol Eat This**

High-density lipoprotein, or HDL, is known as the healthy or good type of cholesterol due to the fact that it scavenges and removes the bad type of cholesterol (low-density lipoprotein or LDL) known to clog arteries.

<http://ebookslibrary.club/download/20-Foods-That-Raise-Your-'Good'-HDL-Cholesterol-Eat-This--.pdf>

### **Foods to Eat and Avoid for High Cholesterol WebMD**

Naturally cholesterol-free and low-fat, fruits and vegetables are the foundation of a good diet. Whole grains: Oats, quinoa, barley, and whole wheat offer up fiber, complex carbohydrates, and protein.

<http://ebookslibrary.club/download/Foods-to-Eat-and-Avoid-for-High-Cholesterol-WebMD.pdf>

### **Cholesterol Top foods to improve your numbers Mayo Clinic**

It's not clear whether food with plant sterols or stanols reduces your risk of heart attack or stroke although experts assume that foods that reduce cholesterol do reduce the risk. Plant sterols or stanols don't appear to affect levels of triglycerides or of high-density lipoprotein (HDL) cholesterol, the "good" cholesterol.

<http://ebookslibrary.club/download/Cholesterol--Top-foods-to-improve-your-numbers-Mayo-Clinic.pdf>

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