

[DIET FOR HIGH LDL](#)



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Foods to Eat and Avoid for High Cholesterol. You have a greater chance of getting heart disease when your LDL level gets too high. WebMD does not provide medical advice, diagnosis or

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High LDL Cholesterol Management

Managing High LDL Cholesterol Switching to a Low Cholesterol Diet. Although diet is only one factor that affects your cholesterol, Increasing Physical Activity. Another thing to consider is increasing your physical activity. Cholesterol-Lowering Treatment. If diet and exercise are not

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Cholesterol Top foods to improve your numbers Mayo Clinic

Oatmeal, oat bran and high-fiber foods Oatmeal contains soluble fiber, which reduces your low-density lipoprotein (LDL) cholesterol, the "bad" cholesterol. Soluble fiber is also found in such foods as kidney beans, Brussels sprouts, apples and pears.

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Your Guide to Lowering Your Cholesterol With TLC

High density lipoprotein, or HDL, which also is called the good cholesterol because it takes cholesterol from tissues to the liver, which removes it from the body.

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How to Lower Your Elevated LDL Cholesterol FH Foundation

Altering your diet is the easiest way to lower your elevated LDL cholesterol, and should be your first course of action, as every cholesterol-lowering strategy starts with your dietary habits. A balanced diet consisting of fruits, vegetables, whole grains, fish, and various plants will significantly help you lower your LDL cholesterol level.

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Lowering Cholesterol Naturally 6 Tips Pritikin

Lowering cholesterol naturally. In research on more than 4,500 men and women following the Pritikin Program of diet and exercise, LDL levels plummeted 23%, and in just three weeks.

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