

## [FOODS LOWER LDL CHOLESTEROL](#)



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All are rich in soluble fiber, which binds to cholesterol in the blood and moves it out of the body. Recent studies show eating 4.5 ounces of beans a day can reduce LDL levels by 5 percent.

<http://ebookslibrary.club/download/LDL-Pictures--Lowering-Bad-Cholesterol-With-Food-WebMD.pdf>

### **10 Best Foods to Eat to Lower Cholesterol Naturally**

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### **11 foods that lower cholesterol Harvard Health**

Add these foods to lower LDL cholesterol. Different foods lower cholesterol in various ways. Some deliver soluble fiber, which binds cholesterol and its precursors in the digestive system and drags them out of the body before they get into circulation. Some give you polyunsaturated fats, which directly lower LDL.

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

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. Soluble fiber can reduce the absorption of cholesterol into your bloodstream.

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### **13 Cholesterol Lowering Foods to Add to Your Diet Today**

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### **5 Foods That Lower Cholesterol Naturally Health**

5 Foods That Lower Cholesterol Naturally One strategy for curbing heart disease risk is lowering LDL without also lowering HDL. The good news? Green tea seems to do the trick.

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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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### **8 Foods That Help Lower Your Cholesterol Everyday Health**

Cut the Animal Fat in Your Diet and Add LDL-Lowering Foods My patients often ask me if there are any foods that can help with reducing high levels of low-density lipoprotein (LDL) cholesterol .

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

A diet rich in fruits, vegetables, whole grains, beans, and good fats can help lower what s sometimes called bad cholesterol. You may hear your doctor call it LDL cholesterol .

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