

## **DIET THAT LOWERS 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>

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

Other changes to your diet. Saturated fats such as those in meat, butter, cheese and other full-fat dairy products raise your total cholesterol. Decreasing your consumption of saturated fats to less than 7 percent of your total daily calorie intake can reduce your LDL cholesterol by 8 to 10 percent. Trans fats,

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

Margarine. Switching to a margarine with plant sterols, such as Promise active or Benecol, could help lower cholesterol. Plant sterols are compounds that reduce cholesterol absorption; a study published in AJCN found that women who had a higher plant sterol based diet were able to lower total cholesterol by 3.5%.

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### **Your Guide to Lowering Your Cholesterol With TLC**

The main goal in treating high cholesterol is to lower your LDL level. Studies have proven that lowering LDL can prevent heart attacks and reduce deaths from heart disease in both men and Your Guide to Lowering Your Cholesterol With Therapeutic Lifestyle Changes Cholesterol Classifications BOX 3 Total Cholesterol Less than 200 mg/dL Desirable

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### **Low Cholesterol Diet 10 Foods to Try**

Fiber is good for your cholesterol and keeps you feeling full longer. You'll also get nutrients like vitamins C and K, folate, and potassium. Serve it up: Unlike carrots, parsnips are almost always better when cooked. Roast to boost their natural sweetness, or chop and add to stews and soups.

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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.

<http://ebookslibrary.club/download/How-to-Lower-Cholesterol-with-Diet--MedlinePlus.pdf>

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

13 Cholesterol-Lowering Foods to Add to Your Diet 1. Legumes. 2. Avocados. 3. Nuts, Especially Almonds and Walnuts. 4. Fatty Fish. 5. Whole Grains, Especially Oats and Barley. 6. Fruits and Berries. 7. Dark Chocolate and Cocoa. 8. Garlic. 9. Soy Foods. 10. Vegetables. 11. Tea. 12. Dark

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

When substituted for saturated fat in the diet, nuts and seeds help lower LDL cholesterol (and total cholesterol) without affecting levels of good high-density lipoprotein (HDL) cholesterol. It's good to know that by eating nuts you cut your heart disease risk.

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