**Have Omega 3 Fatty Acids:**

Eat Foods Rich in Omega 3 Fatty Acids: Omega 3 Fatty Acids can help to lower your LDL or bad cholesterol. Fishes like salmon, Mackerel and Herring are rich in Omega 3 Fatty Acids. Also include walnuts, almonds and flaxseeds in your diet.

**Replace Sugar with Honey:**

According to a study conducted in Dubai, people who drank solutions with [honey](http://www.stylecraze.com/articles/7-benefits-and-uses-of-honey/) showed a significant drop in their cholesterol levels. Natural honey contains cholesterol-reducing components and especially attacks homocysteine, a type of amino acid known to increase the risk of peripheral vascular disease and heart disease. Do we have to tell you how to consume honey? Simply spoon up honey and lick away! Including even a few of these food components in your daily diet can help you to reduce your cholesterol levels considerably.

**Drinking Orange Juice:**

Drinking two glasses of orange juice daily in the morning is one of the best home remedies to lower bad cholesterol as it maintains a healthy blood stream in the body. Drink naturally prepared fresh orange juice instead of packaged ones. The preservatives in them can do more harm than good. Making a glassful of orange juice is no ordeal; simply squeeze the pulp into a strainer and voila, your glass of refreshing juice is ready! Try not to add sugar unless you really need to. A dash of honey will make the juice sweeter and is a healthy alternative to sugar.

**Oatmeal is the Best for Breakfast:**

You will see many oat manufacturers boasting about the greatness of oatmeal and indeed, this grain has immense benefits. Researchers have proved that this grain is enriched with the soluble fiber, beta glucan and reduces your LDL by 12 to 24 percent if you eat an oatmeal breakfast (using one cup of oats every morning). Spice up your oatmeal with raisins and almonds, so that you do not find it boring and unappetizing! One of the best home remedies to reduce cholesterol!