**Tips to Lower Cholesterol with Your Diet**

Cholesterol is a waxy substance produced by your liver and obtained by eating animal products such as meat, dairy and eggs.

Your liver will produce less cholesterol if you consume a lot of this substance from food, so dietary cholesterol rarely has a great impact on total cholesterol levels.

However, eating large amounts of saturated fat, trans fat and sugars can raise cholesterol levels.

## 1. Eat Foods Rich in Soluble Fiber

Soluble fiber is found in large quantities in beans, legumes, whole grains, flax, apples and citrus

## 2. Enjoy Lots of Fruits and Vegetables

Eating [fruits](https://www.healthline.com/nutrition/20-healthiest-fruits) and [vegetables](https://www.healthline.com/nutrition/14-healthiest-vegetables-on-earth) is an easy way to lower LDL cholesterol levels.

## 3. Cook with Herbs and Spices

[Herbs and spices](https://www.healthline.com/nutrition/10-healthy-herbs-and-spices) are nutritional powerhouses packed with vitamins, minerals and antioxidants.

Human studies have shown that garlic, [turmeric](https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-turmeric) and ginger are especially effective at lowering cholesterol when eaten regularly

## 4. Eat a Variety of Unsaturated Fats

Foods like [avocados](https://www.healthline.com/nutrition/12-proven-benefits-of-avocado), olives, fatty fish and [nuts](https://www.healthline.com/nutrition/8-benefits-of-nuts) contain ample heart-healthy unsaturated fats, so it’s beneficial to eat them regularly

## 5. Avoid Artificial Trans Fats

While trans fats occur naturally in red meat and dairy products, most people’s main source is artificial trans fat used in many restaurants and processed foods

## 6. Eat Fewer Added Sugars

It’s not just saturated and trans fats that can raise cholesterol levels. Eating too many [added sugars](https://www.healthline.com/nutrition/sugar-the-worst-ingredient-in-the-diet) can do the same thing

## 7. Eat More Soy

Soybeans are rich in protein and contain isoflavones, plant-based compounds that are similar in structure to estrogen.

## 8. Try Cholesterol-Lowering Supplements

 **Niacin**

 **Psyllium husk (Isabgole)**

 **L-carnitine**