

[BEST FOOD TO CONTROL CHOLESTEROL](#)



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Bad cholesterol is known as LDL or low density lipoprotein. You should also consider your triglyceride levels. Total cholesterol levels should ideally be between 100-200 mg/dL for an adult. Diet plays an important part in your cholesterol levels. It can both raise and lower your numbers. Here are 12 LDL cholesterol lowering foods for you to enjoy. 1.

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DAVID MONTGOMERY: The ways to reduce your bad cholesterol have a lot to do with your lifestyle. So your diet is really important. And although this kind of sounds trite, really one of the best and most effective ways to reduce cholesterol is by having a low fat diet, particularly saturated fat. We find saturated fat in eggs, dairy, and red meat.

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