

[DIET AND HIGH CHOLESTEROL](#)



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A common misconception is that because ketogenic diets are high in fat, they must increase cholesterol in your body and clog your arteries. However, much

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Cholesterol Top foods to improve your numbers Mayo Clinic

Avocados are a potent source of nutrients as well as monounsaturated fatty acids (MUFAs). Research suggests that adding an avocado a day to a heart-healthy diet can help improve LDL cholesterol levels in people who are overweight or obese. People tend to be most familiar with avocados in guacamole, which usually is eaten with high-fat corn chips.

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What Causes High Cholesterol Symptoms Levels Diet

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