

[DIET IN HIGH CHOLESTEROL](#)



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How to Lower Cholesterol with Diet MedlinePlus

How can I lower cholesterol with diet? Heart-healthy lifestyle changes include a diet to lower your cholesterol. The DASH eating plan is one example. Another is the Therapeutic Lifestyle Changes diet, which recommends that you. Choose healthier fats. You should limit both total fat and saturated fat.

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High Cholesterol Foods to Avoid on Your New Diet

Diets high in saturated fat and cholesterol can contribute to high total cholesterol and a high low-density lipoprotein (LDL the "bad" cholesterol) level in the body, increasing your risk for coronary artery disease caused by atherosclerosis, which is plaque build-up in the arteries.

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Foods to Avoid for High Cholesterol WebMD

Foods to Eat and Avoid for High Cholesterol. Articles On High Cholesterol Diet WebMD does not provide medical advice,

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Cholesterol Top foods to improve your numbers Mayo Clinic

Almonds and other tree nuts can improve blood cholesterol. A recent study concluded that a diet supplemented with walnuts can lower the risk of heart complications in people with history of a heart attack. All nuts are high in calories, so a handful added to a salad or eaten as a snack will do.

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Take This to Heart A Diet for High Cholesterol webmd com

Proper nutrition -- including a low fat, high fiber diet -- is considered so important to heart health that just about every set of guidelines touches on

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High cholesterol foods Foods to avoid and include

Eating a healthful diet is one way to keep cholesterol levels in check. Some people may benefit from avoiding foods rich in cholesterol. However, it may be

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High Cholesterol Heart Healthy Diet WebMD

WebMD tells you how to lower your risk of heart problems with a heart-healthy -- and delicious -- diet.

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The Ketogenic Diet and Cholesterol Ruled Me

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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