

## [DIET TO LOWER CHOLESTEROL](#)



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One important way to lower your cholesterol is through diet. Learn which foods to avoid, which ones you should limit, and what you can eat instead.

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### **Cholesterol Top foods to improve your numbers Mayo Clinic**

A few simple tweaks to your diet along with exercise and other heart-healthy habits might help you lower your cholesterol. Oatmeal, oat bran and high-fiber foods Oatmeal contains soluble fiber, which reduces your low-density lipoprotein (LDL) cholesterol, the "bad" cholesterol.

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### **Low Cholesterol Diet 10 Foods to Try WebMD**

Life is too short to settle for a stale diet. It's fine to rely on a few key heart-healthy foods for your cholesterol-friendly diet, but you want to avoid burnout.

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### **11 foods that lower cholesterol Harvard Health**

But it's a "natural" way to lower cholesterol, and it avoids the risk of muscle problems and other side effects that plague some people who take statins. Just as important, a diet that is heavy on fruits, vegetables, beans, and nuts is good for the body in ways beyond lowering cholesterol.

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### **13 Cholesterol Lowering Foods to Add to Your Diet Today**

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### **10 Tips to Lower Cholesterol With Your Diet healthline com**

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

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### **Your Guide to Lowering Your Cholesterol With TLC**

Three nutrients in your diet make LDL levels rise: It also can lower the cholesterol content in unstable plaques, making them more stable and less likely to burst and cause a heart attack. Lowering LDL is especially important for those who already have heart disease or have had a heart attack it will reduce the risk of another heart attack and can actually prolong life. The level to

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