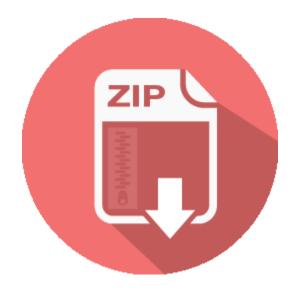
DIET TO LOWER CHOLESTEROL



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Life s 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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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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Avocados are an exceptionally nutrient-dense fruit. They're a rich source of monounsaturated fats and fiber two nutrients that help lower bad LDL and raise good HDL cholesterol.

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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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